



DARLINGTON

MENTAL HEALTH SUPPORT TEAM

Bi-monthly Briefing

Volume 1, Issue 2, June 2021



MHST Busy Bees

The MHST have been busy bees getting our service up and running over the last couple of months and are delighted to have started working within schools supporting the children and young people of Darlington with their mental health wellbeing.

Thank you to our host schools who have been so welcoming and we are pleased to have started working together.

It was Mental Health Awareness Week from the 10th – 16th May and this year's theme was nature. Morrison's kindly donated some sunflower seeds to add to our nature kits. These were used alongside other resources to raise awareness of mental health and our team in schools. We hope to have inspired some future gardeners. Our team have also turned green-fingered and one or two of us have even fondly named their plants!

Our Wellbeing Champion has supported the Team to look after their own well-being so that we can in turn help others. We have started yoga challenges, team exercises and have found some great focus music playlists for office work.

A mail box has been introduced in one of our schools for those pupils who feel uncomfortable raising their issues face to face which has been really successful - we hope to be inclusive to all and sometimes it's just easier to write a note than speak out loud.

Logo Competition

We are delighted to have a new logo! There are some really talented children and young people in Darlington and our new logo has been creatively designed by Alex Wong currently studying at the Queen Elizabeth 6th Form College. Well done Alex!



We Eat Elephants

We have recently started "We Eat Elephants" within our host schools. Using our engaging and colourful resources, we can help young children understand what they are feeling, why, and how to deal with the effects. With scenarios to talk through, feelings cards to help explain, and other tested CBT methods, We Eat Elephants is a great way to help children learn to communicate and express their feelings.

New Group Development

We are currently liaising with the Darlington Parent/Carer Group to set up a new support group—we welcome any ideas and may be reached via the contact details below.

INITIAL HOST SCHOOLS

- 1 Holy Family RC Primary
- 2 Skerne Park Academy
- 3 Springfield Academy
- 4 Carmel College
- 5 Haughton Academy
- 6 Hummersknott Academy
- 7 Longfield Academy

3 ROLES OF THE MHST

1. To offer training, advice, support and consultations with school staff and other relevant practitioners
2. To build capacity – supporting Mental Health Leads in each setting to develop a whole school approach
3. To deliver individual and group-based evidence based interventions focusing on the mild to moderate mental health needs of CYP at the key transition point between primary and secondary education, covering Years 4 to 8



making a

difference

together

For more information please email us at tewv.mhstdarlington@nhs.net Telephone: 07500 799524

Website: <https://www.tewv.nhs.uk/services/mental-health-support-team-county-durham-and-darlington/>