



Healthy Heads Team Newsletter

Who Are We?

Healthy Heads are a Mental Health Support Team based in schools across Sunderland. We offer early intervention to help children, young people and their families who have mild to moderate mental health difficulties.

UPDATES

Congratulations to St Anne's for attaining Gold Mental Health Charter Mark Award.



This award recognises their commitment to supporting the mental health and wellbeing of pupils, staff and families.

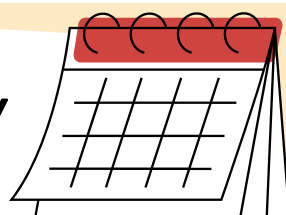
Well done to everyone involved!



As we move into spring, many pupils are beginning to think about upcoming exams such as SATS and GCSEs, as well as important transitions like moving on to a new school or college. These events can bring extra pressure for young people, families and school staff.

April is Stress Awareness Month, which is a good opportunity to talk about stress and how we can support each other with our well being during these busy times.

DATES FOR YOUR DIARY



April - Stress Awareness Month

May - Mental Health Awareness Month

May - National Walking Month

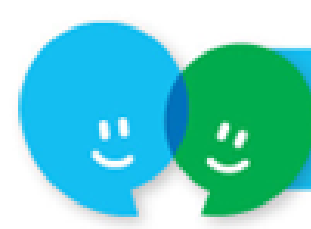
June - Pride Month



Little Ways to Reduce Stress

- Keep a regular bedtime routine
- Limit screens before bed
- Eat regular meals and drink water throughout the day
- Practise breathing exercises
- Go for a short walk or get some fresh air
- Talk to a friend, teacher or trusted adult
- Do something you enjoy, like listening to music or drawing





During Children's Mental Health Week, Healthy Heads visited schools to deliver assemblies and support activities focused on mental health and wellbeing. It was great to see pupils and staff engaging with ways to look after their mental health.



What You Have Told Us



Scan the QR code to complete our service feedback questionnaire

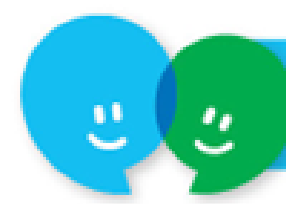
I liked that I was able to be confident and was able to talk in a group.
It was done in a short amount time

This has helped me cope better with fear. I really like how she listened to me and helped me with my mental health.

I feel listened and supported when I come to my session and able to speak about what is on my mind.

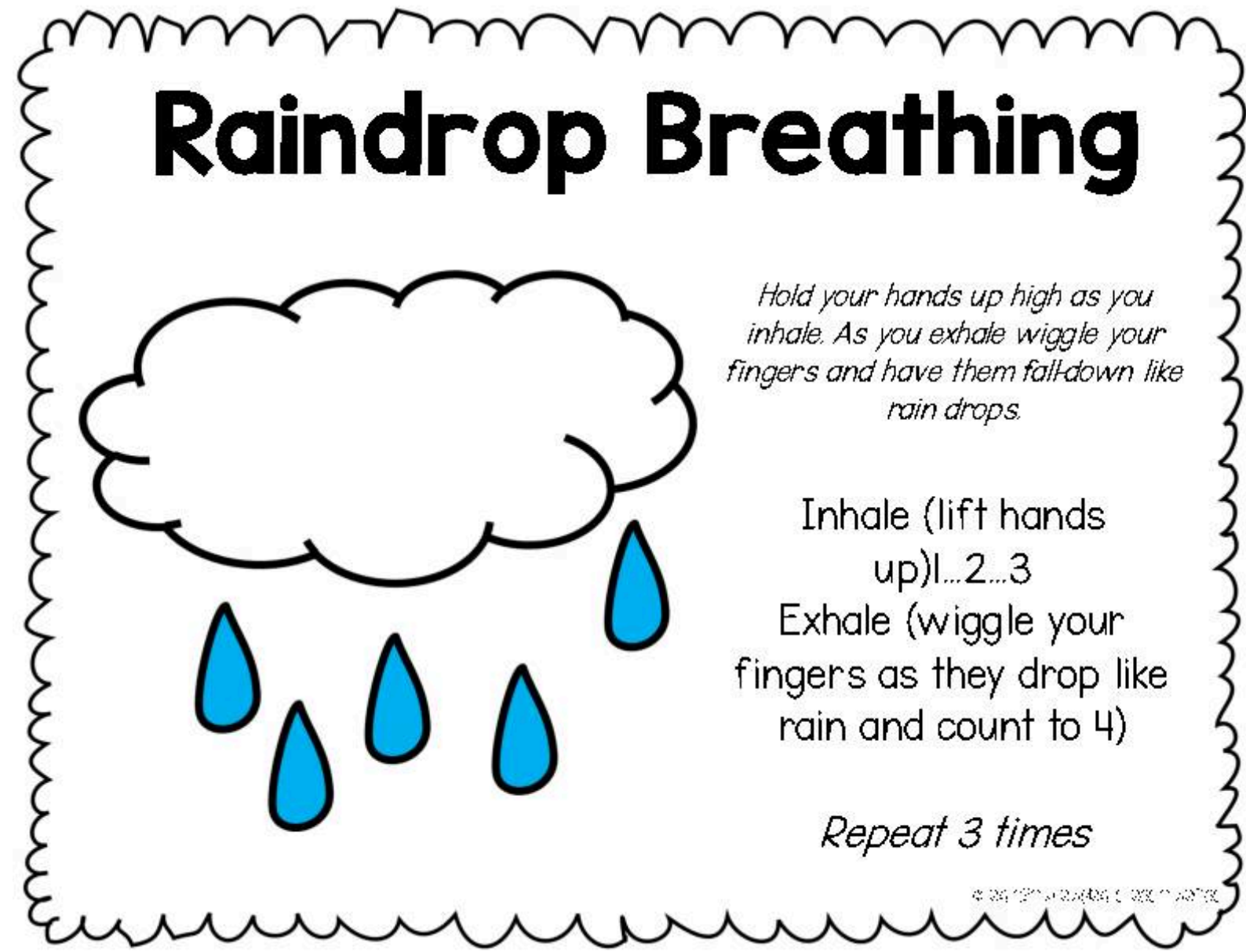
I have learnt new strategies to control my anger. It also helped just telling people about my problems. Before I was getting into trouble every day and suspended nearly every day. I have not been suspended since I started working with Healthy Heads. I feel more positive

THANK YOU



Did you know? Slow breathing can help our bodies relax and reduce feelings of stress or worry.

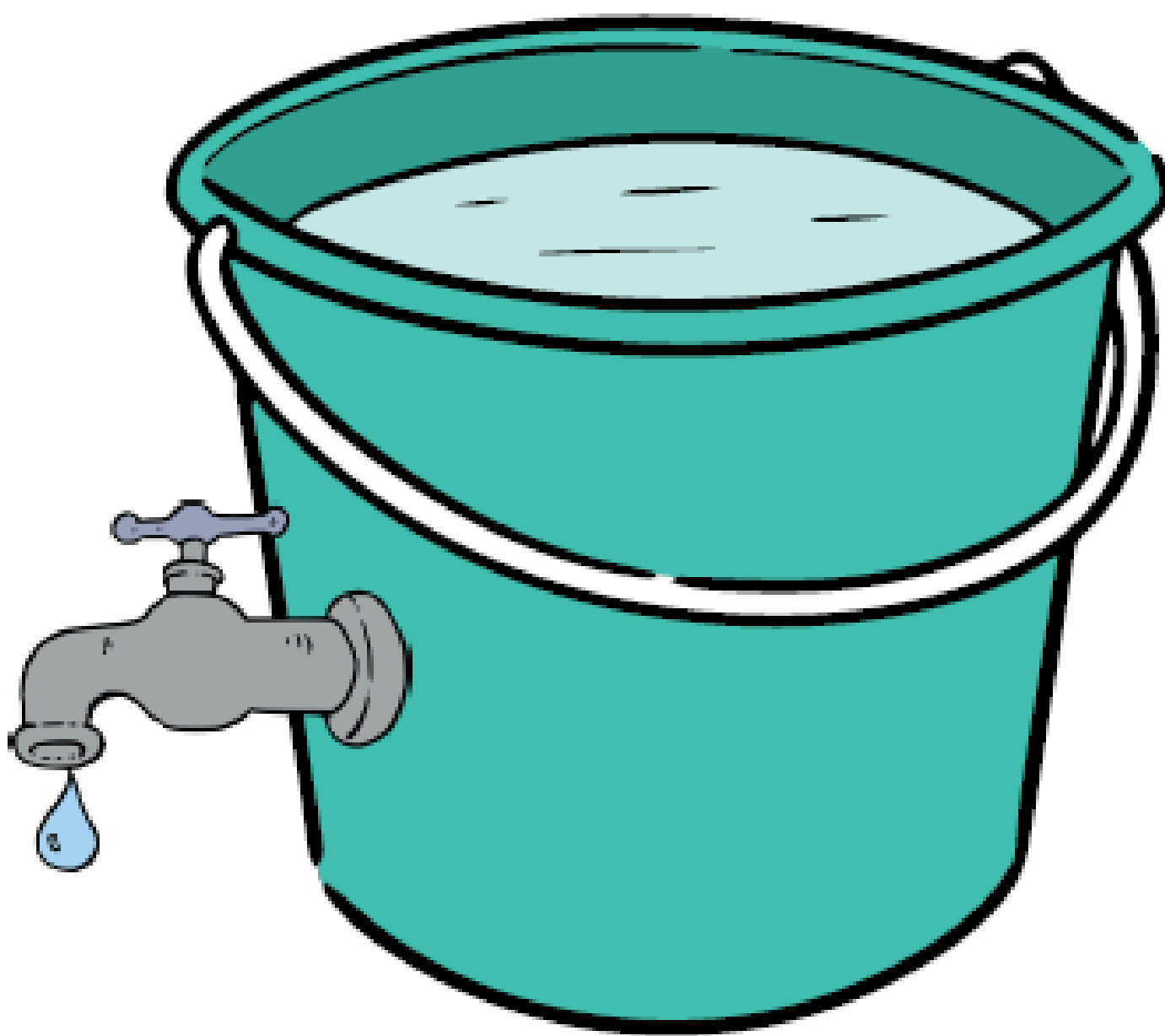
Try out the breathing exercises on this page!



The stress bucket

We all experience stress to some degree. But too much stress can make us feel overwhelmed. The stress bucket is a way to visualise this. You can release the stress by doing things you enjoy - Turn on the tap!

When you are finding things hard, what fills your stress bucket?



What are your strategies to let the water (stress) out?

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.

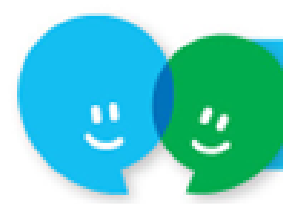


Acknowledge **2** things that you can smell around you.





Further Support



Teen Sleep Hub

MAKE THE SWAP

BEDTIME AT 2AM

BEDTIME AT 10PM

#TEENSLEPMATTERS

VISIT TEENSLEEPHUB.ORG.UK

Sunderland foodbank



www.sunderland.foodbank.org.uk

Sunderland information Point



Sunderland Information Point is for everyone; offering information; advice and guidance on a range of subjects to support you and your family.



DAISY CHAIN

Autism & Neurodiversity

Feeling low?

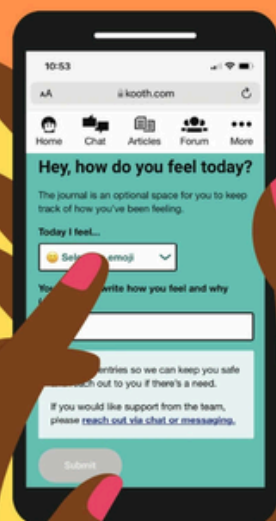
Anxious?

Struggling to cope?

Text SHOUT to 85258 for free, confidential support, 24/7

10YEARS + **kooth**

Free, safe and anonymous mental health support whenever you need it.



- Chat with our team of friendly practitioners
- Helpful articles
- Self-help tools and activities
- Support from the Kooth community

Visit kooth.com to find out more



FAMILY HUB



The 5 hubs are:
Coalfields
Rainbow
Bunnyhill
Thorney Close
Winnibell

FOR MORE INFORMATION GO TO:
www.togetherforchildren.org.uk/startforlifemybestlife.org.uk

Visit our... new website

NHS Sunderland Mental Health Support Service



www.stsftmentalhealth.nhs.uk