



CAMHS School in Reach Newsletter

Autumn 2020

Welcome to CAMHS School in Reach

Who are we? We are a team of mental health practitioners employed within children's mental health services across Oxfordshire.

What do we do? We support schools to meet the mental health needs of their students through staff training, advice, assemblies and other interventions for students and parents.

Theme: Managing Uncertainty

Over the past few months, we have all experienced lots of changes due to the Covid-19 pandemic. These changes may have been to routine, to who we can and can't see, to our day to day lives.

Anxiety is a normal reaction to such big changes, and to the uncertainty around what will happen in the next few months (for example, the possibility of another lockdown).

To help young people/children to manage anxiety, we suggest the following tips:

- Looking after our physical health (eating 3 meals, getting enough sleep, regular exercise)
- Sharing worries with a trusted adult, and reminding each other that we are not alone in this situation
- Trying mindfulness exercises (such as the one we've suggested), meditation and breathing techniques

If you are worried that a young person is struggling to manage their anxiety to the point that it is affecting their every day functioning, please contact CAMHS on the number provided below.

KEY DATES

10th October 2020– World Mental Health Day

TOP TIP– MINDFULNESS 5,4,3,2,1

If feeling anxious, try to think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



APP OF THE TERM– THINK NINJA

The ThinkNinja app is freely available to all 10-18 year olds UK-wide for the duration of COVID-19. It brings self-help knowledge/skills to children & young people experiencing increased anxiety and stress during the crisis. For more info,

visit <https://www.healios.org.uk/services/thinkninja1>



Child & Adolescent Mental Health Services (CAMHS) help children, young people and their families who are experiencing mental health difficulties. If you feel you need further support please call the Single Point of Access (SPA) on: **01865 902515**. *The SPA team work between the hours of 8am-6pm Monday-Friday (excl. bank holidays). Outside of these times please call your out of hours GP or 111, and in an emergency always call 999.*