

Mental Health and Wellbeing Newsletter

As we publish our third edition of the Mental Health and Wellbeing Newsletter, we hope this continues to deliver practical tips and advice to support our students. If there is anything you would like to see in these Newsletter's, please do contact Mr. Hope. Any suggestions are more than welcome!

YOUNGMINDS

YoungMinds are a national mental health charity aimed at young people and their parents. They aim to support young people in getting the support they need. Their website contains resources, support and real life stories.

<https://www.youngminds.org.uk>



The Children's Society

The Children's Society aims to provide the support needed by young people to improve their wellbeing. Their website contains key information, support and links that can be accessed by young people.

<https://www.childrensociety.org.uk/information/young-people>



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Information about Sybil Andrews and the Mental Health Support Team

As you may have seen from recent school communication, from this half term we will be entering into a new partnership with the Norfolk and Suffolk NHS Foundation Trust to host a Mental Health Support Team (MHST) within the school. This will be a team made up of senior clinicians, higher level therapists and an Education Mental Health Practitioner Trainee (EMHP). This team will work with the school to promote positive mental health and wellbeing, as well as provide expertise to meet mild to moderate mental health needs. This will be provided and agreed in coordination with the schools mental health, safeguarding and pastoral teams.

This is an excellent opportunity for the school to broaden our mental health provision and support, as well as to build important relationships with other agencies. We are excited to see the impact and support this partnership will provide our young people and community.

PSHE provision relating to Mental Health and Wellbeing in Half Term 3

Year 7 – Combatting stress, worry and anxiety, controlling our emotions and related content.

Upcoming Mental Health and Wellbeing related events

9-15 February - Children's Mental Health Week

NHS Norfolk and Suffolk Parent/Carer Mental Health Workshops



Norfolk and Suffolk
NHS Foundation Trust

Parent/Carer mental health workshops

The Psychology in Schools team, part of the Norfolk and Suffolk NHS Foundation Trust, deliver free monthly workshops to parents/carers on a range of mental health topics. These include topics such as supporting your child to manage their big feelings, anxiety, OCD, eating difficulties and more! All parents/carers are welcome to join.

These popular parent/carers workshops have been developed by experienced mental health professionals, with feedback from parents/carers. They are delivered online via Zoom by professionals from the Early Intervention Child and Adolescent Mental Health Service (EI-CAMHS). Workshops last between 60 to 75 minutes and run during the day and early evening. You will not be seen by other attendees or the presenter.

The NSFT Psychology in Schools Team also offers a free online parent/carers workshop program that addresses childhood neurodiversity and covers key topics that families have identified as most helpful. These workshops are offered to support families on the neurodevelopmental (NDD) pathway in Suffolk. To book your place, access previous workshop recordings, visit the Suffolk Local Offer Page here: [Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#).

Resilience and Managing Stress

Building Resilience, Managing the Next Steps

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Managing Exam Stress - refreshed May 2025

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Tools to Manage Uncertainty and Building Resilience in Young People

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Mental Health and Wellbeing Support



YOUNGMINDS

<https://www.youngminds.org.uk/>



<https://www.mind.org.uk/>



<https://www.nhs.uk/nhs-services/mental-health-services/>



Anna Freud

<https://www.annafreud.org/>



<https://giveusashout.org/>



Improving children's mental health

<https://www.place2be.org.uk/>



In school support and on
<https://www.sybilandrewsacademy.co.uk/wellbeing-resources-support/>