

Emotional Health and Wellbeing

Rights and Participation Team for CAMHS and SEND



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Our projects

RAISE aims to reduce stigma and raise awareness of emotional health and wellbeing in Surrey children and young people.

- ▶ - We provide service user perspective training to CAMHS professionals
- ▶ - The team create magazines that go out countywide
- ▶ - Facilitate and run CYA & SYAS
- ▶ - Ensure children and young peoples voice are heard in Surrey
- ▶ - Help improve, shape and develop the services for the better



EVERYONE HAS MENTAL HEALTH

Its so important to remember that everyone has mental health just the same as psychical health, its just how healthy your mind is.



Good Mental Health

- Feeling Positive
- Feeling care free

Middle Ground

- Feeling okay

Poor Mental Health

- Feeling low or down
- Feeling bad about yourself

Anxiety

For people who suffer from anxiety, the feeling of worry becomes so frequent and intense it starts to affect their life.

SYMPTOMS



- Pounding heart
- Sweating
- Upset stomach
- Dizziness
- Shortness of breath
- Headaches
- Muscle tension

- ▶ **Anxiety is normal.** Everyone experiences anxiety from time to time. It alerts us to threats, protects us from danger and helps us reach important goals. For example, it is normal to feel anxious when encountering a bear on a hike, or before taking an important exam.

- ▶ **Anxiety can become a problem.** Small doses of anxiety in certain situations are useful. However, when your child is worrying much of the time, avoiding fun activities, or refusing to go to school because s/he is scared or worried, anxiety has become a problem. Think of anxiety like fog: if it covers everything, makes it hard to see, stops you from doing what you usually do, and generally gets in the way, then it has likely become a problem.



- Breathing exercises (4,7,8)
- Wiggle your toes
- Meditation
- Avoid energy drinks
- Try not to avoid situations
- Clench and release your hands
- Colouring exercises
- Fresh air

Depression

Depression is where someone will feel **low** or **upset constantly** and it starts to interfere with their life.

SYMPTOMS



- Eating problems
- Lacking self esteem
- Feeling numb
- Losing concentration
- Negative thoughts

Depression

My experience with Depression



- Talk to someone you trust
- Don't isolate yourself
- Keep a diary
- Do something you enjoy
- Listen to calming music
- Try and get up, even if it's just to have a shower

Eating disorders



SYMPTOMS

- Not eating in public
- Unhealthy interest in calorific values of food or calorie counting
- Severe weight loss or gain in a short space of time
- Excessive exercise
- Excusing meals
- Wearing baggy clothes



Helpful
Tips

For eating disorders there aren't really tips, although www.b-eat.co.uk has some good advice and information.

The most important thing to do is to speak to someone as soon as possible!

You can now Self refer to the eating disorder service:

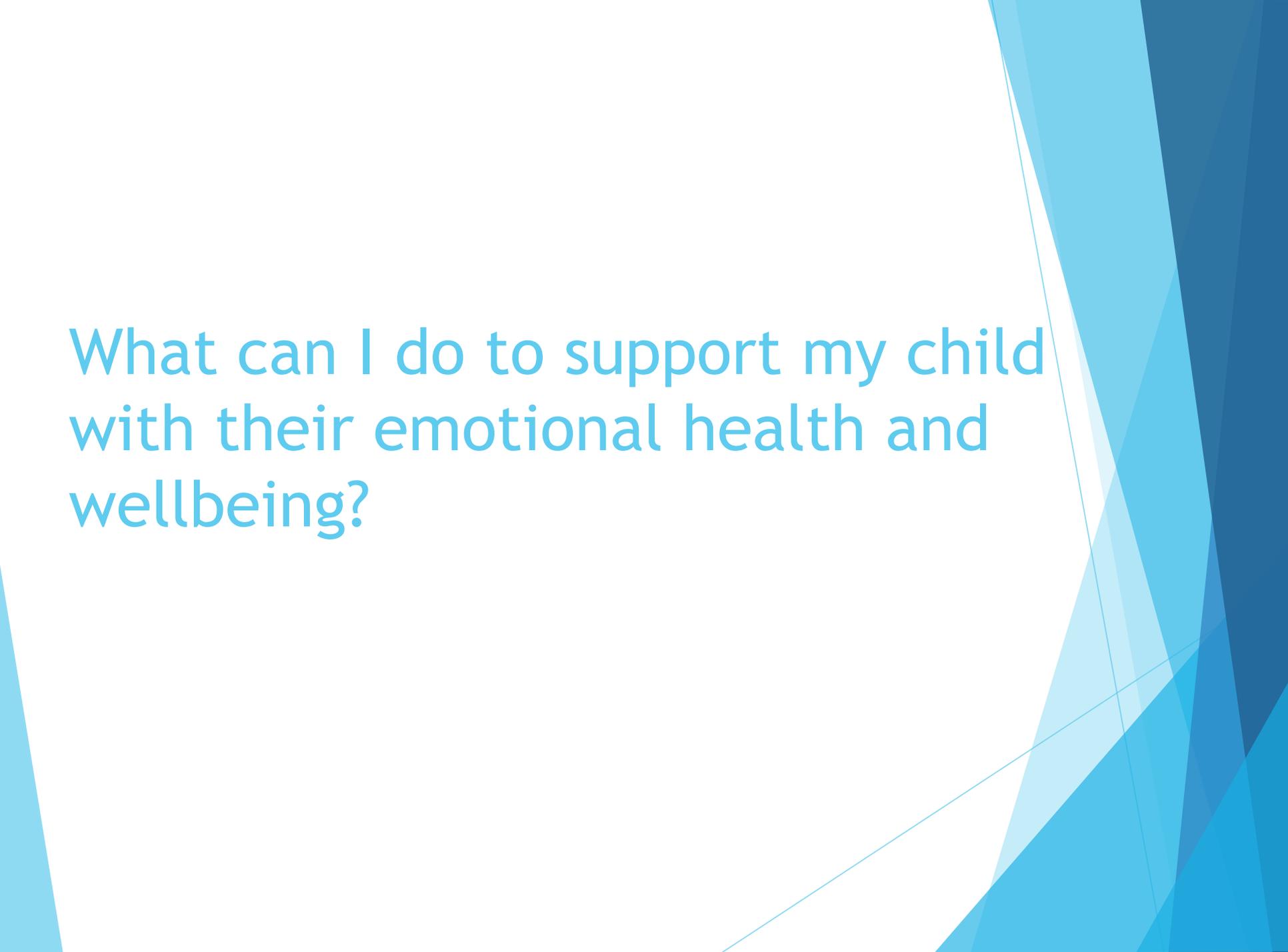
01372 206325

Self Harm - The facts

- ▶ Self Harm affects around 1 in 10 young people.
- ▶ People Self Harm for all different reasons- but it can be caused by stress, loneliness, guilt, abuse and more.
- ▶ Young people do not have to be suicidal to self harm.
- ▶ There are many forms of self harm apart from cutting

Coping Mechanisms

- ▶ Squeezing a stress ball to relieve anger and keep their hands distracted
- ▶ Punching something soft like a mattress or a pillow
- ▶ Snapping an elastic band on their wrist
- ▶ Drawing on themselves with red marker pen - some people write words
- ▶ Distract themselves by doing something they enjoy.

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a modern, layered effect. The text is positioned on the left side of the frame, set against a white background.

What can I do to support my child
with their emotional health and
wellbeing?

▶ **Listen and try to be understanding**

Listen to your child and don't judge them.

▶ **Research the condition**

There are many different mental illnesses, read up on your child's specific condition.

▶ **Don't blame yourself**

It is easy for a parent to blame themselves, somehow thinking they have caused the illness either through genetics or the environment they have raised their child in. This, however, in many circumstances, is not the case at all. The only thing you can do is be there for your child and help them.

▶ **Encourage social interaction with friends and family**

▶ **Provide a peaceful and loving environment**

A loving environment can be so helpful for your child's recovery and wellbeing

▶ **Do activities together**

▶ **Let them know they can talk to you anytime about**

▶ **Know that recovery will occur over time and will not happen overnight**

▶ **Don't be afraid to seek advice from mental health professionals**

Please don't be afraid to seek help or advice from mental health professionals. They have a vast amount of experience in dealing with people suffering from mental health issues and are an excellent source to get help and advice from.

Agree to Disagree

Depression is caused by loss, trauma or abuse.

Young people can overcome mental health on their own.

It's the teachers responsibility to ensure students receive the help they need.

As a parent I feel responsible for my child's emotional health and wellbeing.

What is CAMHS

- ▶ **CAMHS** stands for Child and Adolescent Mental Health Services. **CAMHS** are specialist NHS services. They offer assessment and treatment when children and young people have emotional, behavioural or mental health difficulties
- ▶ Young people can be referred to CAMHS through their teachers or a GP
- ▶ Advice and information about CAMHS and other relevant services are available to the public by calling **One Stop**
 - ▶ **0300 2225755**

I'm worried about someone in my family

If you are concerned about a child or young person in your care, there are a number of things you can do:

- ▶ **Talk to them** - Try to find out what is upsetting them. Is it school, work, home or friends?
- ▶ **Talk to a professional who knows your situation** - This could be someone from school or college, your GP, social worker or health visitor (if you have one). Discuss whether the child or young person would benefit from an appointment at Mindsight Surrey CAMHS and ask them to make a referral for you
- ▶ **Contact the Access Centre for support and advice** - You can discuss your concerns, receive advice and, if necessary, find out how a referral can be made by calling CAMHS One Stop on 0300 222 5755 (They currently only accept referrals from professionals)
- ▶ **Discuss the possibility of external support** - Depending on their age talk to the child, young person or young adult about receiving help from someone trusted outside of the family

What support is available to young people in emotional health and wellbeing crisis or for additional support

WHERE CAN I GO TO FOR SUPPORT
WHEN I'M CONCERNED ABOUT MY
MENTAL HEALTH?

I DON'T KNOW WHO
TO SPEAK TO WHEN I
FEEL DOWN...

INFORMATION
ABOUT EMOTIONAL
WELL-BEING & MENTAL HEALTH
SUPPORT
SERVICES IN SURREY FOR
CHILDREN AND
YOUNG PEOPLE

WOULD YOU LIKE TO PLAY A ROLE IN IMPROVING EMOTIONAL
WELL-BEING AND MENTAL HEALTH SERVICES FOR YOUNG PEOPLE IN
SURREY?

... If so, become a CYA member today!

What is CYA?

CYA stands for CAMHS Youth Advisors.

We run consultation groups with children and young people who access or have accessed emotional well-being or Children and Adolescent Mental Health Services (CAMHS) in Surrey. We aim to shape and influence services and create projects that improve people's experiences accessing services. CYA is also an opportunity to meet other young people who have accessed similar services.



How Can YOU get involved?

You can get in touch with the Rights and Participation Team for CAMHS and SEND, who facilitate the CYA Groups. The groups are held in are in Woking, Epsom, Redhill and Knaphill.

Email—rap.team@surreyoc.gov.uk

Call—01483 519 571

Facebook—Just CYA

Instagram—Ourvoicesurrey

Some of our other projects young people can get involved in...

Recruit Crew—Children and young people are trained to take part in the recruitment and induction of staff across emotional well-being and SEND related roles and services in Surrey.

Our Perspective— Young people are trained to facilitate service user perspective training and service user involvement training. These training courses are mandatory for all CAMHS staff.

Raise (Raising Awareness in Schools Through Experience) — This is a project where young people in CYA run structured presentations, workshops and focus groups in schools, centred around increasing awareness of mental health and reducing the stigma.

SSHAW (Safeguarding and Self-harm Awareness Workshop) — Young people deliver 3 hour safeguarding and self-harm awareness workshops to the 5 acute hospitals in surrey. This is to nurses, paediatricians, and ward staff.

CYA Awards — The team support children and young people in CYA to facilitate a large scale annual award ceremony. Children and young people across CAMH Services nominate professionals, and professionals nominate children and young people.

MENTAL HEALTH SERVICES AVAILABLE IN SURREY

Children and Young People's Haven

The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health concerns in a confidential, friendly and supportive environment. There is a CYP Haven in Guildford, Epsom, Staines and Redhill. Check the website for the exact location and opening times. You don't have to call first or book an appointment, you can simply drop in during our opening times.

www.cyphaven.net

Mindful service

This NHS Service is for young people aged 16-25 who have emerging to moderate mental health difficulties that are causing problems in their lives and making it difficult to cope in areas such as relationships, education or employment. The service covers the whole of Surrey and works across agencies to engage with and facilitate mental health care for young people who are hard to reach. Young people who come into contact with Mindful are homeless, at risk of homelessness, and/or using drugs and alcohol. Young people can refer themselves by calling 07771 976 770.

Step-by-Step

This is a young people's charity that offers young people, aged between 11 and 25, living in North Hampshire/South West Surrey, counselling service. They support young people who are having a hard time, struggling to cope, feeling stressed, anxious, or down and could benefit from counselling support. If you are between 11 and 17 years old, your GP can refer you. If you are between 18 and 25 years you can refer yourself by filling out a document on their website

www.stepbystep.org.uk/services/support/counselling/

Kooth

An free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop. You can access it 365 days a year on Monday to Friday from 12pm-10pm and Saturday and Sunday from 6pm until 10pm. You can also join live discussions forum on Monday, Wednesday and Friday at 7:30-9pm.

www.kooth.com

OTHER USEFUL SERVICES

EMOTIONAL & WELL-BEING SUPPORT

Samaritans: A 24-hour service offering confidential emotional support to anyone who is in crisis

Call: 116 123 or www.samaritans.org

Child line: A free and confidential support service for under 19 year olds. Child line also offers email and online chat services and calling will not show up on any phone bill.

Call: 0800 1111 or www.childline.org.uk

Papyrus: Papyrus offers help and advice around young people's suicide prevention. They have a helpline available Mon-Fri: 10am-10pm, Sat, Sun and Bank Holidays : 2pm-10pm.

Call: 0800 068 4141 or Text: 07786 209897 or Email: pat@papyrus-uk.org or www.papyrus-uk.org

Drugs & Alcohol Support

Catch 22: Surrey Young people's Substance Misuse Service (SYPSMS) is a county-wide specialist treatment service, offering: one-to-one support to young people and their families, a 24 hour help line, counselling and pharmacological support, as part of a tailored recovery approach for young people aged 11 to 21-years-old successfully delivering positive outcome for the young people they work with.

Call: 0800 6226 662 or www.catch-22.org.uk/

Talk to Frank: Focusing on drugs, and commissioned by the Department of Health, Talk to Frank offers confidential and accurate advice to young people and adults worried about illicit substances.

Call: 0300 123 6600 or www.talktofrank.com/contact-frank

Eating Disorder Support

B-eat: A specialist eating disorder service that run a helpline and have a website with helpful information.

Call: Under-18: 0808 801 0711/ Students: 0808 801 0811 or www.b-eat.co.uk

Eating Disorder Support: A 24/7 helpline offering emotional support around eating disorders and confidential listening

Call: 01494 793 223

USEFUL FREE MOBILE APPS



PACIFICA

WHAT DO I DO? Tracks mood and health behaviours.



REACHOUT WORRYTIME

WHAT DO I DO? Schedules "worry time" each day.



HEADSPACE

WHAT DO I DO? Mindfulness sessions—10 are free, but you can subscribe for more sessions



FIVE WAYS TO WELL-BEING (android)

WHAT DO I DO? Offers a practical way to help you feel good and function well in the world.



WELLMIND

WHAT DO I DO? Support for anxiety & Depression



Calm Harm

WHAT DO I DO? An app to manage the urges to self-harm. It has activities to comfort you, distract you and calm you down



ELFRIENDS

WHAT DO I DO? Supportive online community from the mental health charity mind



HAPPIER

WHAT DO I DO? Helps you stay more present and positive throughout the day.



STAYALIVE

WHAT DO I DO? Suicide prevention app

Inspiring Quotes...

"It's not about waiting for the storm to pass, it's about learning to dance in the rain"

"Don't be ashamed of your story, it will inspire others"

"Sometimes people around you won't understand your journey. They don't need to, it's not for them"

"Do not give your past the power to define your future"

1. Practice "7/11 breathing": breathe in for 7 seconds and out for 11. Repeat this 5 or 6 times, making sure to push your stomach out when you breathe in
2. Listen to (calming or uplifting) music
3. Talk to someone you trust
4. Read a novel, new newspaper, or magazine
5. De-clutter your room, or part of your room
6. Make an 'emergency' box for distressing times – put in a small reminder of what helps and pictures of positive times
7. Try baking (you can buy cake mix from your local store)
8. Write a letter to yourself
9. Start a new Netflix series
10. Clench and release each of your muscles in turn, working up from your feet to your head
11. It's important to get a full 8 hours of sleep a night, try downloading a sleep monitor app
12. Create a crisis plan so that you are prepared for moments where you feel in crisis
13. Get some fresh air, go for a walk
14. Do some art or sketches, even if it's just scribbling
15. Try meditating, or using a meditation app



Let's talk mental health

Do you need a safe space to speak about worries and mental health without being judged?

Come your nearest **CYP Haven!**

What?
The Children and Young People's Haven is an out of hours drop in for young people aged 10-18 years experiencing emotional or mental health crisis.
It's a confidential and friendly space where you can get support from a Nurse, a Youth Worker or a Children's Rights Advocate!

Where?
We have the Havens county wide, please visit our website to find out where your nearest Haven is!
www.cyphaven.net or scan the QR code below

When?
All Havens are open twice during the week and one day at the Weekend. Different Havens run on different days, so please check website for specific days and times

The Children and Young People's Haven is a drop in centre, so you do not need to book in advance; just turn up when we're open!

Visit any of our Haven drop ins!
Staines Guildford Epsom Redhill
For more info : www.cyphaven.net

Surrey and Borders Partnership NHS Foundation Trust
SURREY
Guildford and Waverley NHS Clinical Commissioning Group

"The CYP Haven has given me courage to carry on and has allowed me to have access to a larger network of professionals."

"The team at CYP Haven are very supportive and I feel I can talk to them about anything without the worry of being judged."

"CYP Haven always makes you feel important and heard and always does their best to help you!"

Useful contacts and help lines

- ▶ **Children and Young peoples haven (CYP HAVEN)**

Guildford, Staines & Epsom

Safe place for young people between the ages of 10-18 to go to when in crisis.

- ▶ **Kooth.com**

Online service that provides counselling sessions

- ▶ **Young minds Parents helpline**

0808 802 5544 www.youngminds.org.uk

- ▶ **self refer to eating disorder service through one stop
- 03002225755**