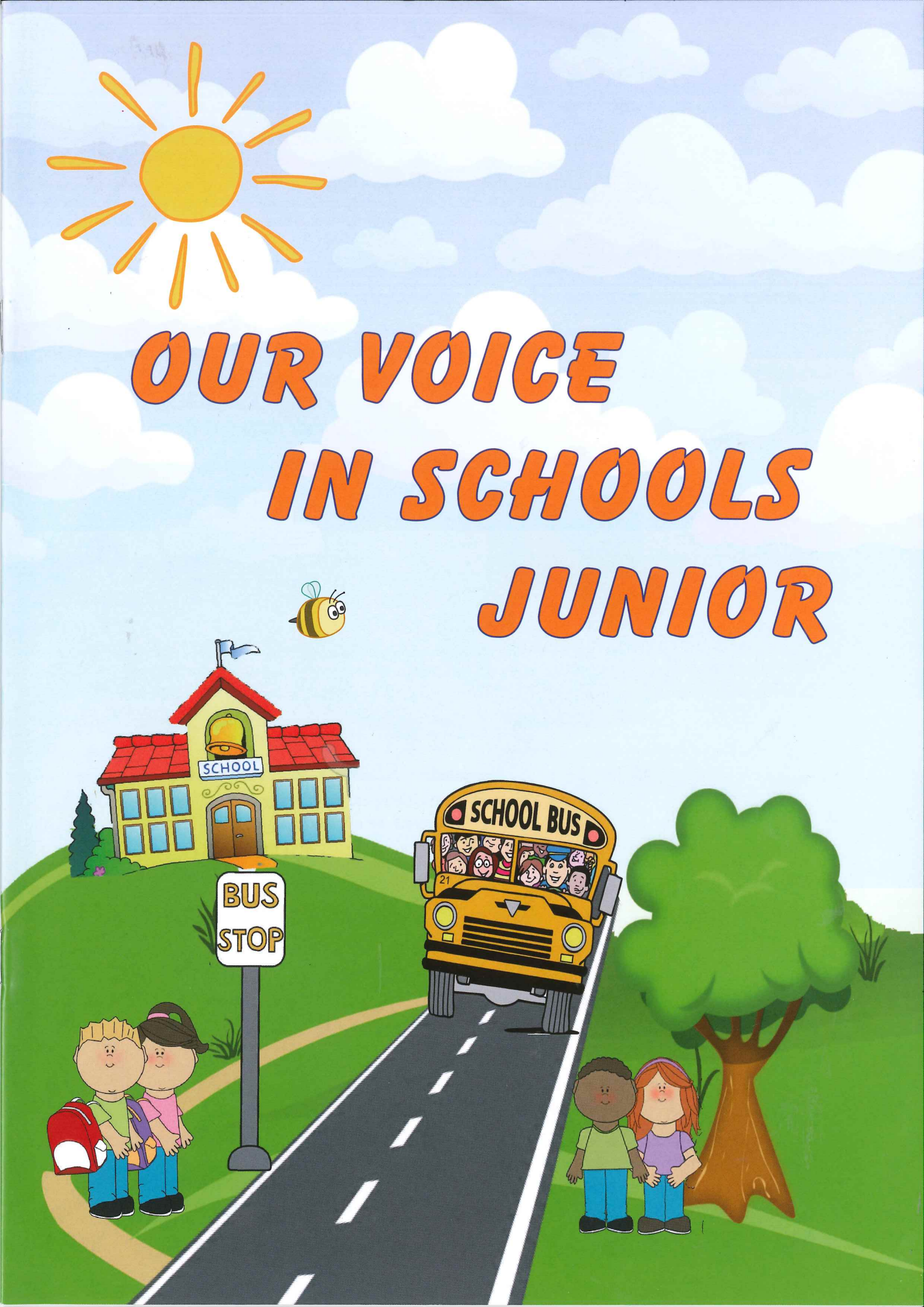
OUR VOICE IN SCHOOLS JUNIOR



What is Mindsight Surrey CAMHS?

CAMHS stands for Child and Adolescent Mental Health Service

Sounds confusing? Don't worry! It's just a place for young people who are under 18, to come and talk about how they are feeling!

Things to remember about CAMHS:

1) Going to CAMHS does not mean you are 'crazy'
2) Lots of other young people go to CAMHS too!
3) The people at CAMHS just want to help you!

Sometimes you might get really upset or angry but don't worry, it's completely normal! However, sometimes these feelings can get too much. If these feelings start to make your life difficult, you might be asked if you would like to see someone at CAMHS.

It is a place where you can go to talk to someone about your thoughts, feelings and anything else!
All the people at CAMHS are really lovely, friendly people who won't tell you off for anything you say. They won't judge you. They are there to listen and keep you happy!

Stigma

What is stigma?

Stigma is a negative word or judgement about something or someone that singles them out. This can also be known as a stereotype. A stereotype is when someone is labelled, judged or bullied because of something about them, for example; their age, hair colour, their experience or physical and emotional differences.

Where does stigma come from?

Stigma can come from things such as the news, TV programmes, films, newspapers and social media. They may show things differently to what is actually the truth. For example in some films they make a situation seem worse to make it more fun and exciting for people to watch. People with mental health conditions can sometimes experience stigma and they get called horrible names, but it's not true and they are just people, the same as me and you!

How can we reduce stigma?

Stigma can be reduced if we speak about these things with each other, to try and break the bad stereotypes with things such as mental health. It's important that people do not judge each other and treat each other fairly. It's good to be nice so treat people how you would like them to treat you!

Diversity

Diversity is the differences between people. Each person has different religions, cultures, thoughts and beliefs. It's everything that makes you individual and unique!

We can encourage diversity by making sure we don't make fun of people for what they look like, sound like or for what they believe in.

If you feel someone is being treated unfairly then you must tell someone right away. Being treated differently can have a huge impact on someone and it might cause them to feel bad about who they are. The people to tell are your teachers or parents who can then sort out the problem.

Activity time

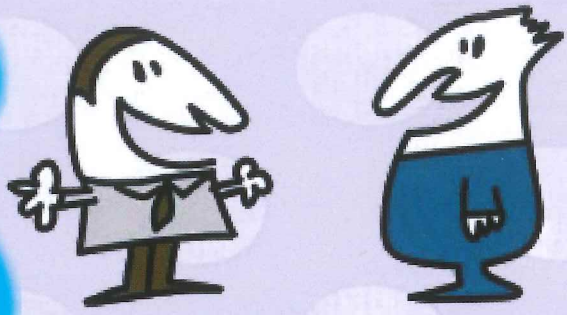
Below is a week long diary where you can write down everything you have done in the week and what has made you feel happy.

At the end of the week, look back at the things you did and ate that made you feel good. Continue doing these things and eating these foods to help improve your well being!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What did you eat?							
What did you do?							
What made you smile?							
What would you change?							
How did you feel today?							

Confidentiality

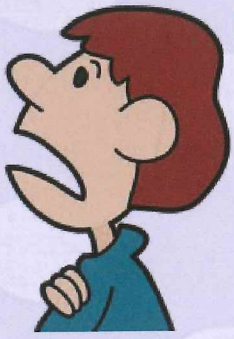
Confidentiality means that the person you have told won't tell anyone else what you have said to them, unless you or someone else is in danger



You can talk about anything you want

If they do have to tell someone else about what you have told them, it is only to keep yourself and other people safe! Don't worry

It is important that you talk to someone that you trust



Who can you talk to?

Parent

Grandparents

Carers

Teachers

Brothers and sisters

GP (Doctor)

Counsellor

Friends

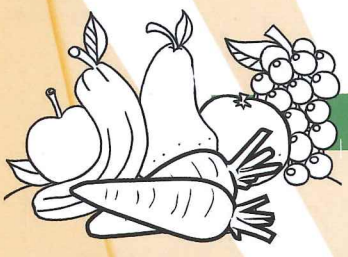
Family

CAMHS
Child & Adolescent Mental Health Services

Most importantly, you can talk to anyone you trust!

What makes good mental health?

Everyone has mental health and you are not alone. It's just how healthy your mind is. We have written some ways below to help keep your mind healthy! Colour them in if you like!



Eat healthy food - Fruit and veg!

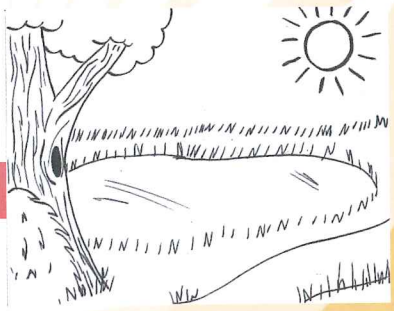
Get enough sleep!

Speak to someone you trust about your feelings!

Look after yourself!

Get enough exercise!

Get fresh air!



Face challenges with confidence!

Healthy Mind Word Search!

A	F	R	U	I	T	E	Y	T	L	F
N	Q	U	H	E	A	L	T	H	G	R
X	S	T	I	G	M	A	T	N	K	E
I	H	Y	T	A	L	K	I	N	G	S
E	M	V	T	G	V	V	J	I	P	H
T	A	B	N	S	L	E	E	P	K	A
Y	C	V	L	J	B	G	Z	C	Y	I
X	W	E	L	L	B	E	I	N	G	R

Can you find all 10 words that are related to emotional health and well being?
Good Luck!

Anxiety
Talking
Fruit
Veg
Stigma
Health
CAMHS
Sleep
Wellbeing
Fresh Air

Poems

Stay positive (by Sam Smith)

Stay positive my friend.

These days are not so dark when you face the sun,

These days are not so dark when you see what you have.

Stay positive my friend,

Look at the good times you share,

Smile back on the laughter's shared and to come

Open those curtains and push away the clouds,

Looming over your head.

Stay positive my friend

Because there is always more good than bad in the world.

Thrown your hands up and dance down the road,

Pack a bag, grab some friends,

Go for the grandest adventure of your life!

Stay positive my friend,

Remember in those dark days, think back to the good

And see the clouds disappear.

Happy, not perfect (By Declan O'Leary, age 14)

There's no such thing as perfect,

who knows where that word came from

The perfect family, the perfect friends

The perfect teacher and the perfect school

We are all human,

Living in a human world

No matter what we are suffering from

We still can be happy

We can be happy with our lives

And what we're going through

We can still do our best, be our best

Our illnesses do not define us

There's no such thing as perfect,

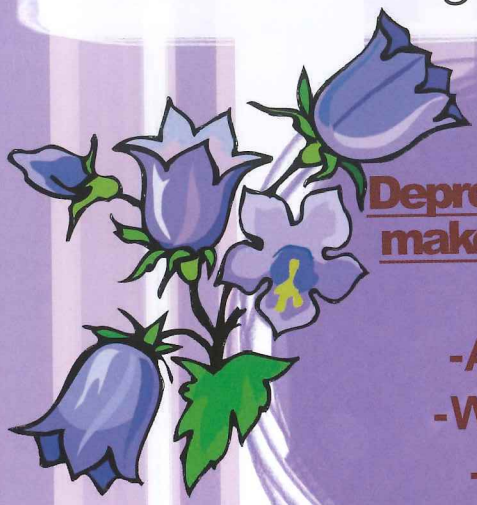
Be happy, not perfect.

Look at the poems on the previous page and have a go at writing your own happy poem here!

Depression

What is depression?

Depression is a state of low mood which can affect a person's thoughts, behaviour and feelings.



Depression can make you feel:

- Sad
- Anxious
- Worthless
- Angry
- Restless

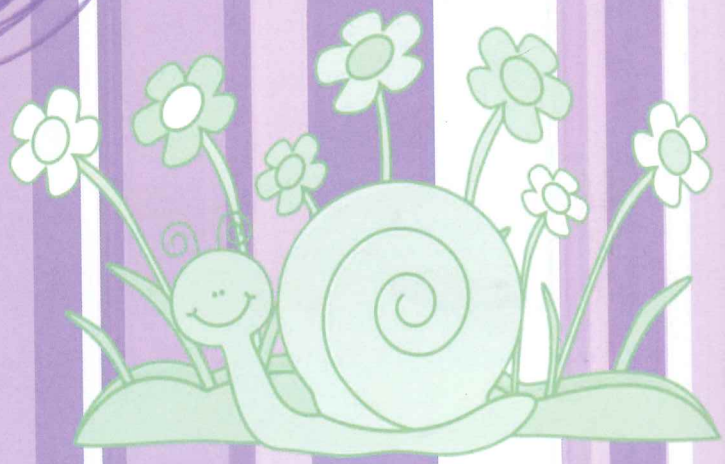
Who can you talk to?

- Your teachers
- Family
- Helplines
- CAMHS workers
- Carers
- Foster parents
- Friends
- ANYONE YOU TRUST!

Who can get depression?

Research shows that anyone can develop depression.

There are different ways people can feel depressed.

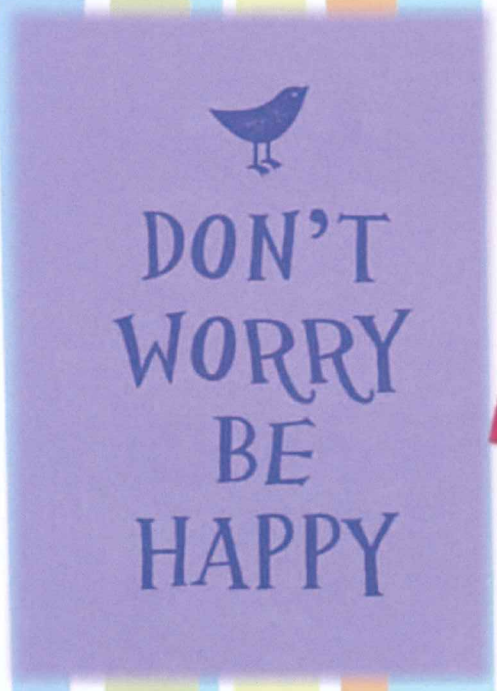


Anxieties and worries

Anxiety is a natural feeling that everybody feels at some point in their life. For example, when you take a test or do a performance at school, you may feel nervous. Sometimes, once the event has happened, your anxieties or worries usually go away, however, if they continue and start to have an affect on your everyday life then it is important to tell someone; this could be a teacher, CAMHS parent, carer or anyone you trust.

Here are some things you can do if you're feeling worried or anxious:

- Doodling and colouring can help you to relax and lots of young people do this to calm their nerves.
- Talk about what is worrying you to someone you trust. They may be able to help and support you.
- Take deep breaths and try to do something that makes you feel relaxed.

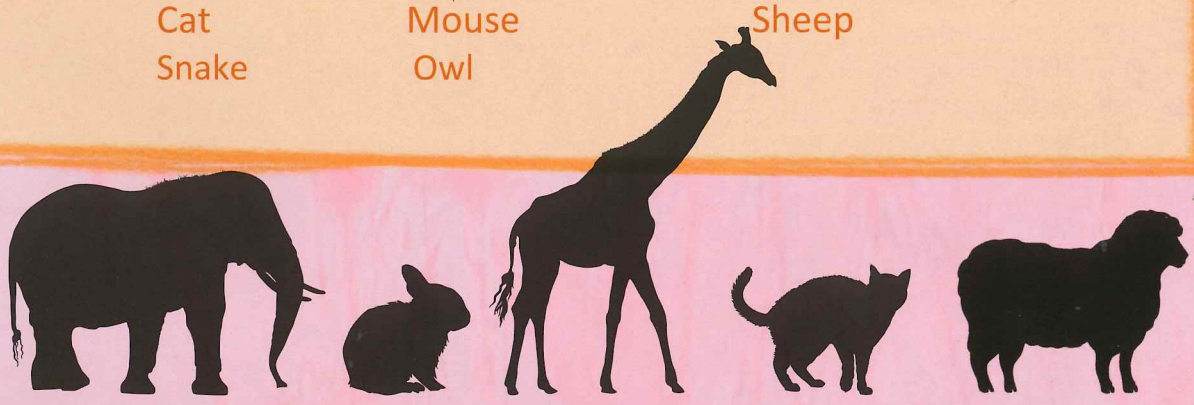


Animal Word Search!

G	I	R	A	F	F	E	S	V	S	D
H	C	A	T	A	B	L	W	L	N	O
M	Q	B	T	S	H	E	E	P	A	L
O	U	B	I	C	A	P	Z	T	K	P
U	L	I	O	N	F	H	N	I	E	H
S	X	T	W	F	D	A	D	G	B	I
E	S	B	L	M	O	N	K	E	Y	N
W	B	J	P	I	G	T	Q	R	P	O

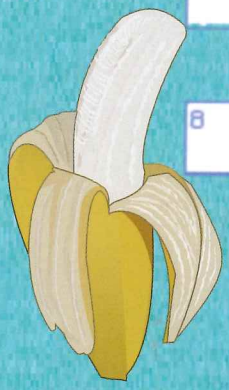
Can you find all the animals in the word search?
Good Luck!

Giraffe	Elephant	Monkey
Dog	Tiger	Rabbit
Dolphin	Lion	Pig
Cat	Mouse	Sheep
Snake	Owl	



CROSSWORD!

You will find all the answers somewhere in this magazine!



Across

1. An activity that keeps your body healthy as well as your mind healthy
6. D_ _ _ _ _ _ _ _ _ , A mental health condition that makes someone feel sad for a long period of time
8. Something we all do at the end of the day when we are tired
9. E _ _ _ _ _ _ _ _ Health and Wellbeing
10. Something you can eat that helps keep you and your mind healthy
11. A feeling you might experience from pressures of exams
12. A word that defines the differences between people

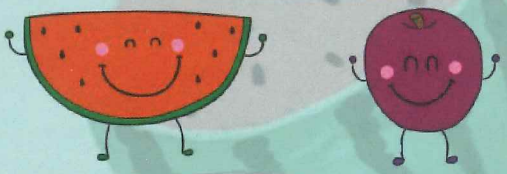
Down

2. A place young people go to get help with their emotions when they aren't feeling mentally well
3. A word that describes negative associations with something
4. When you are physically and mentally well, someone might describe you as H _ _ _ _ _ _
5. Someone you can talk to if you are struggling with something
7. A mental health condition that makes you worry about things

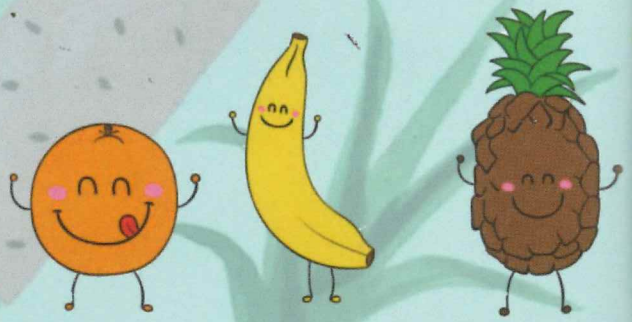
Answers: Across; 1) Exercise 6) Depression 8) Sleep 9) Emotional 10) Fruit 11) Stress 12) Diversity
Down; 2) CAMHS 3) Stigma 4) Healthy 5) Friends 7) Anxiety

Healthy Eating

It is really important to eat healthily so that your body and brain can work properly. Eating the right foods can help you grow and develop so that you are able to do the things you love!

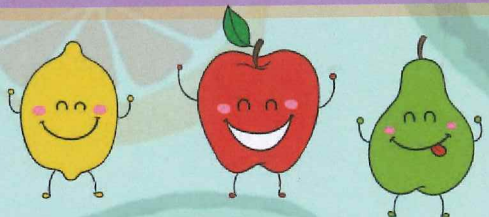


Remember it's good to treat yourself, but it's also important to make sure everything you do is well balanced! This means not too much or too little!



Some people have problems with their eating which can cause health issues. These issues can affect someone physically and mentally. When someone becomes ill from this, it can sometimes be known as an eating disorder. Eating disorders are illnesses that make somebody eat too much or too little for a long period of time. You can get help!

Lots of us might eat a little more one day and a little less the next. That's perfectly normal. People with eating disorders do this day after day and they can't stop even though it is making them sick. They would then get some help from a doctor to help them get better and eat healthy.



Moving into year 7

The process of moving into year 7 might seem confusing and scary but don't worry! We have all been through it and it isn't as hard as you might think.

On your first day you will be shown where to go and you will be doing some activities to get you used to the school.

You will be going from being the oldest in the school to the youngest. The other students might seem like giants at first but just remember, they were all in your position when they started in year 7.

Tips for going into year 7

- It is OK if you feel scared or anxious, everybody else will feel the same as you
- Talk to your friends who have also joined year 7 and share your experiences
- Don't be shy; there are lots of new people and you'll be able to make loads of new friends
- Embrace the changes! Get stuck into new things such as exciting new subjects!

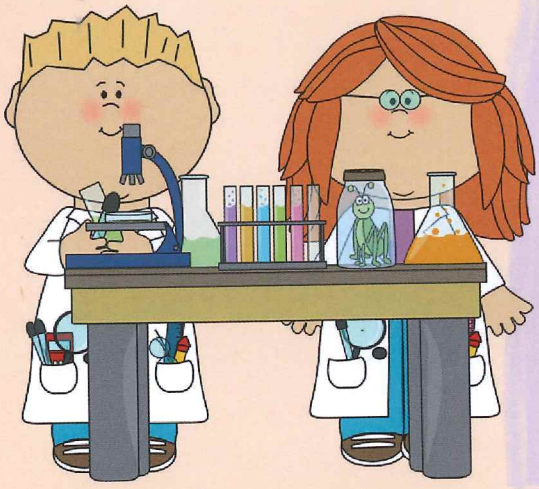
Fitting in and Pressures

If you are worried about fitting in at your new school then here is some advice to make you feel a bit better!

Everyone who starts a new school/job/club may feel this way on their first few days.

It's perfectly normal.

They may feel nervous about the change of people or the new things they might be doing.



Some tips for starting a new school:

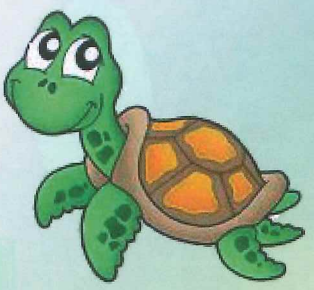
- Be yourself! People will like you, for you!
- Try to join in with after school clubs; this is a great way to meet people who have the same interests as you!
- Don't be afraid to ask for help or advice when you need it.
- Surround yourself with positive people who make you feel good!

Being at a new school may seem like it comes with a lot of pressures, such as:

- The right people to become friends with
- The right stationary or pencil case
- Getting the right grades

Just remember that you shouldn't be pressured into doing anything which you don't want to do. You will find the people who like you who you are and not for what you wear!

Stress



What is it?

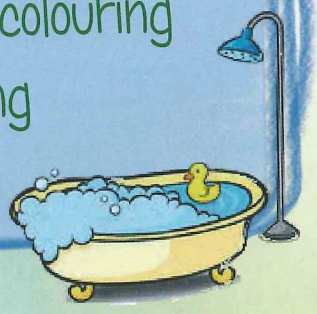
Stress is a normal feeling that lots of us feel at some point. Stress can be caused by things such as arguments with friends, school tests or sporting events.

This can have some good affects or some bad affects. In a positive way sometimes, a small amount of stress is good because it can make people work harder to improve their performance in tests and sports.

However, sometimes it can make a person really upset or feel down. Stress can sometimes make them feel like they can't do something because it is too hard or too stressful.

Ways to deal with stress!

- Talk about things with someone you trust!
- Have some down time and quiet time for yourself
- Do something you enjoy, e.g. singing or colouring
- Exercise e.g. football or swimming
- Have a relaxing bath



Bullying

Bullying is when someone is horrible or hurtful to another person again and again.

Some things that bullies might do are;

- Teasing
- Spreading rumours
- Hitting someone
- Talking about hurting someone
- Calling names

Bullying is not nice and it's not okay.

It can make people feel really sad and scared. They might not want to come to school or play with their friends.

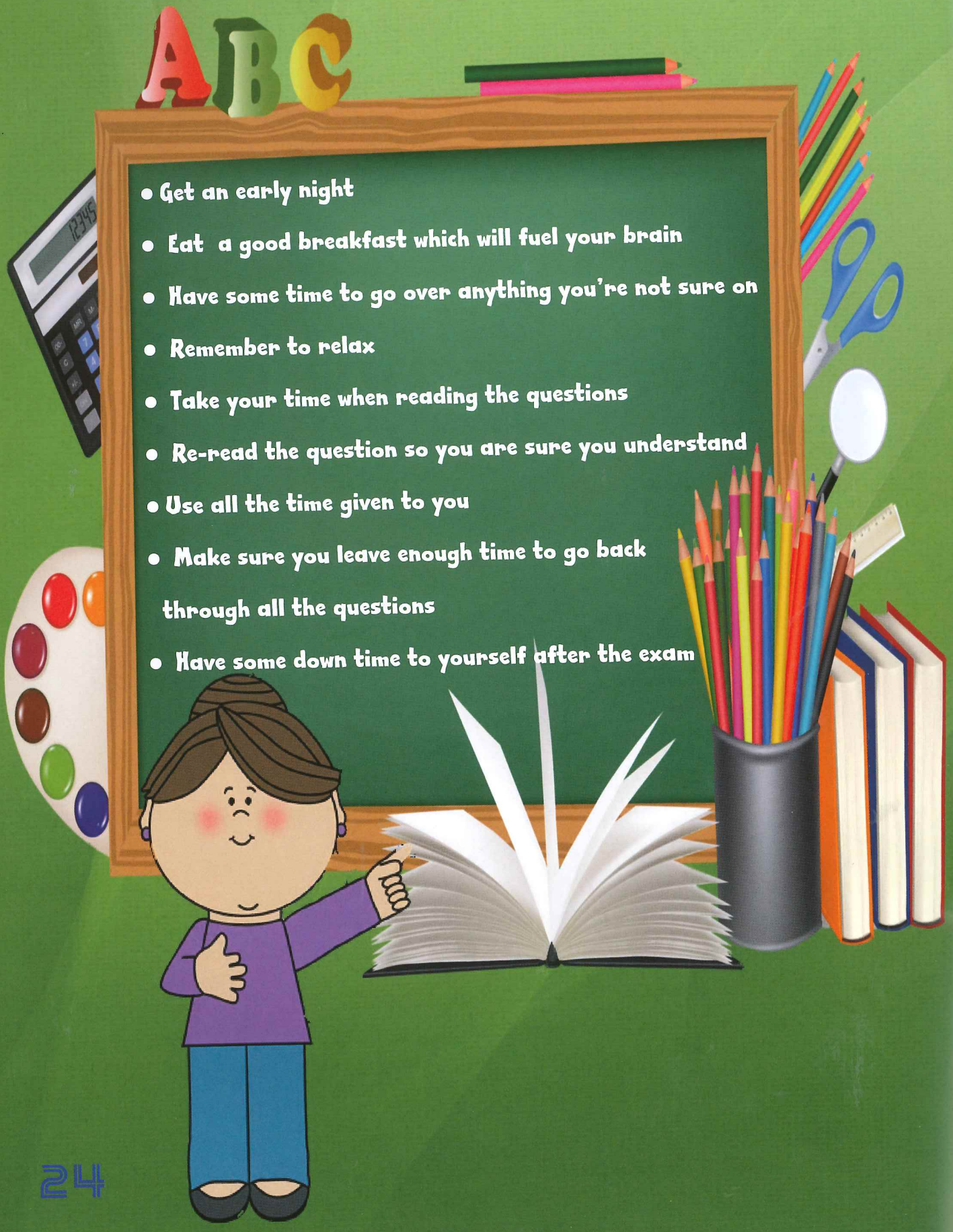
Some people use social media to hurt people's feeling by sending them messages online. This is called cyber bullying.

It is always important to take bullying seriously and talk to someone if you or someone you know is being bullied.

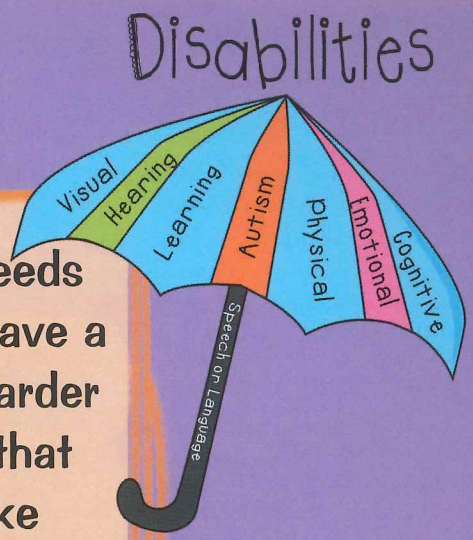
For support, here is a website you can visit!

http://www.stopbullying.gov/kids/index.html

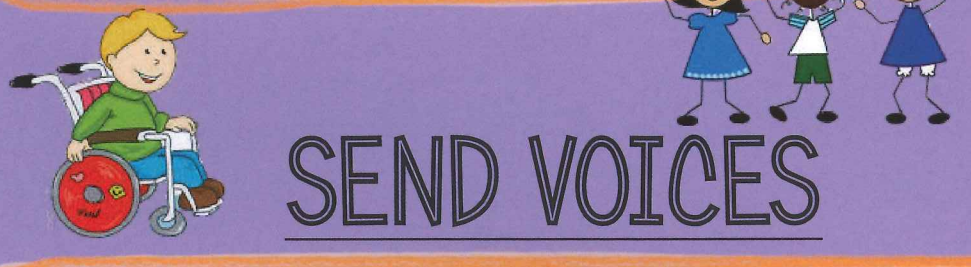
Exam tips for you!



SEND



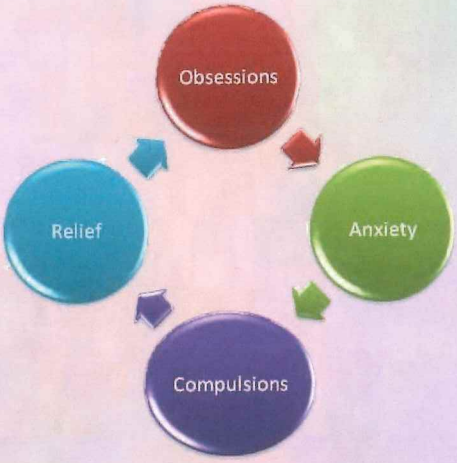
SEND means Special Educational Needs and Disabilities. Children with SEND have a disability or difficulty that makes it harder for them to learn. This might mean that they need extra help with things like school work and getting around. Some people may have difficulty talking or reading emotions.



SEND VOICES

SEND Voices is a participation group for any children or young people who have accessed SEND in school or college. It allows them to have a voice and help decide what happens in SEND Services. We often meet and find new ways for you to have your say. We also play games and have snacks. It's a good place to meet new people and have your say. This is run every Thursday from 5:30pm until 7:30pm. To find out more, contact the Rights and Participation team on 01483 519571 !

OCD



OCD stands for Obsessive Compulsive Disorder. An obsession is a negative thought that enters a person's mind; they can feel the need to react (compulsion) to get rid of the thought. However, carrying out these compulsions only gets rid of the thought temporarily.

Common OCD can include fear of germs or checking you've switched off electrical appliances lots of times. Many people feel too embarrassed to say they have OCD as they are scared of what people might think. The truth is that it's not anyone's fault that they have OCD; some people's brains are 'wired' differently to others.

Did you know that about 750,000 people in the UK suffer from OCD.

My Story by Chris

It began when I started secondary school. I came home at the end of the school day and I felt I had to spend a long time washing my hands. Over the year I had to spend more time washing my hands before I finally felt clean. By year 8 I started to avoid going out to places because I knew I would have to wash my hands after coming back home. I really believed if I didn't wash my hands I would spread germs to whatever I touched.

I could no longer see the world in the same way as other people. When I looked at things I had to ask myself 'would I spread germs by touching this?'. Finally I went to CAMHS, they gave me time to talk about my thoughts and why I respond to them. I found this very helpful and I can now go out and do things without having all of those negative thoughts.

Autism

Autism affects how your brain works. You can't always tell that someone has autism just by looking at them.

You can't catch it but it can be genetic.

Around 700,000 people in the UK have autism

Children with autism might think, feel and see things in a different way. For example, when the school bell goes off, they might find it too loud and it might hurt their ears.

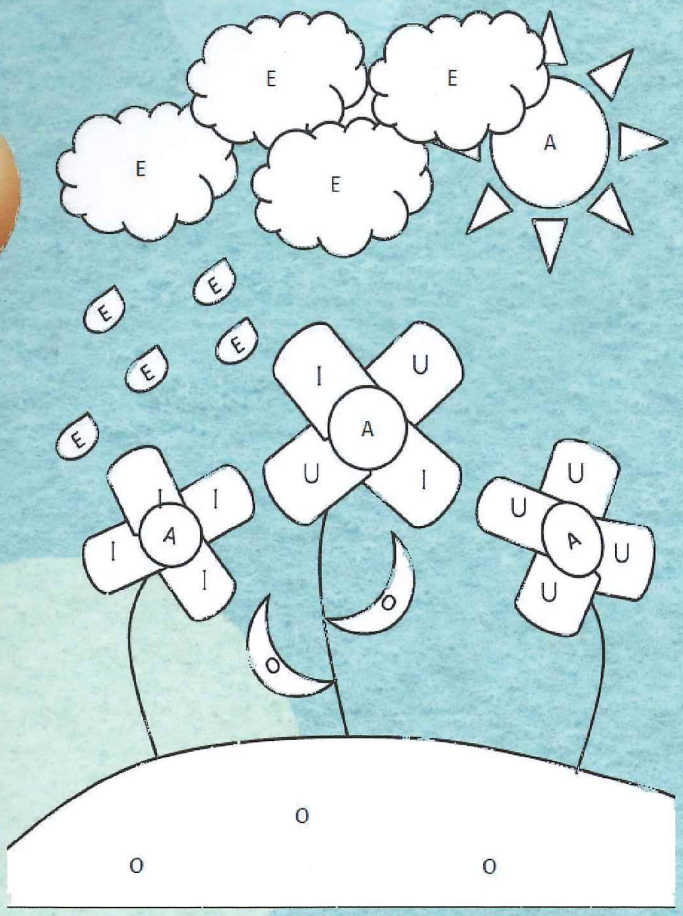
Some children with autism may:

- Find it hard to talk
- Make different sounds
- Play differently
- Like to spend time alone
- Be overly active sometimes
- Be overly quiet sometimes
- Find it hard to make eye-contact
- Feel shy

Fun page!

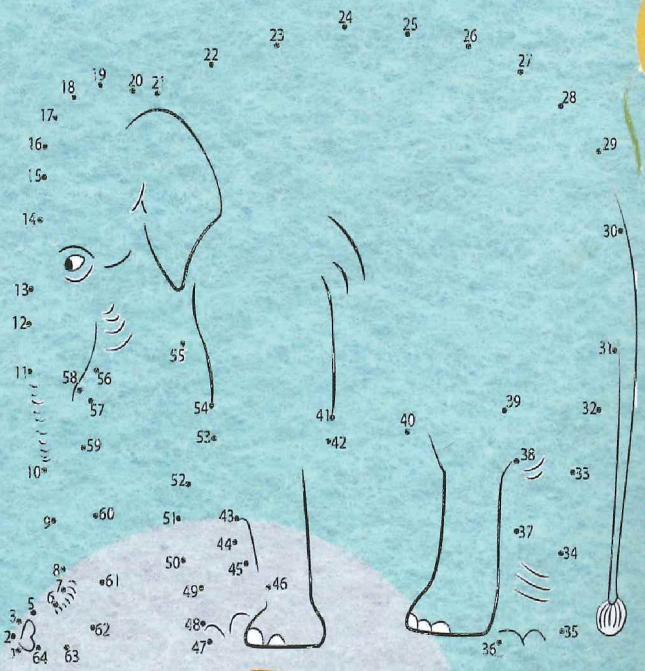
Here are some pages where you can have fun and do lots of different activities!

Colour by letters using the key at the bottom!



A - Yellow E - Blue I - Red O - Green U - Purple

Dot to dot!



Fun page!

Spot the 7 differences!

Colour Monkey... Colour by Number

2+1 = 4-2= 1+3 = 5-4 =

1+4 = 3+3 = 3+4 = 10-8 =

Help the people find their way to the park!

What is CYA?

CYA stands for CAMHS Youth Advisors.

The CAMHS Youth Advisors are a network of children and young people who have all used Mental Health Services in Surrey or still do access them. We run 3 groups. Woking and Bisley run from 5:30pm until 7:30pm and Redhill runs from 5pm until 7pm.

They are 3 groups of friendly young people who have all had similar experiences and can relate to each other. It's a great place for young people to be themselves, make new friends, build their confidence and have their voices heard with in Mental Health Services.

Who runs the groups?

We are from the Rights and Participation Team for CAMHS and SEND.
We run the groups!

CYA Woking

This is at;
Quadrant Court
35 Guildford Road
Woking
Surrey
GU22 7QQ

It runs every Thursday!

CYA West

This is at;
Bisley Youth Centre
Guildford Road
Woking
Surrey
GU24 9EP

It runs every other Wednesday!

CYA Redhill

This is at;
Gatton Place
St Matthews Road
Redhill
RH1 1TA

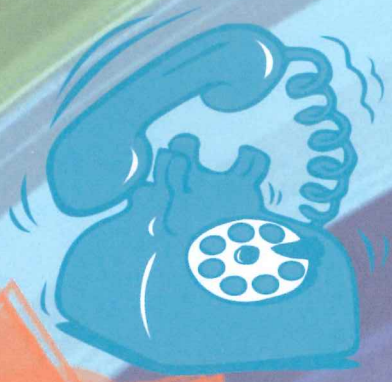
It runs every other Wednesday!

We love having new people join our groups so if you are interested in getting involved then please contact us!

Phone; 01483 519 571
Email; rap.team@surreycc.gov.uk
Or search us on Facebook 'Just CYA'

CAMHS youth advisors
CYA
We make the difference

Useful helplines



Youth 2 Youth

Confidential helpline run by young people for young people on a range of issues.

Telephone - 02088 963675

Childline helpline

Help and advice about wide range of issues.

Telephone - 0800 1111

You can also check online - www.childline.org.uk

Saneline

Offers practical information, crisis care and motional support to anybody affected by mental health problems.

Telephone - 08457 678000 (open 6am-11pm)

Support Line

Provides emotional support and information relating to other helplines, counsellors and support groups throughout the UK including help lines and face to face for young people.

Telephone - 01708 765200

Email - info@supportline.org.uk

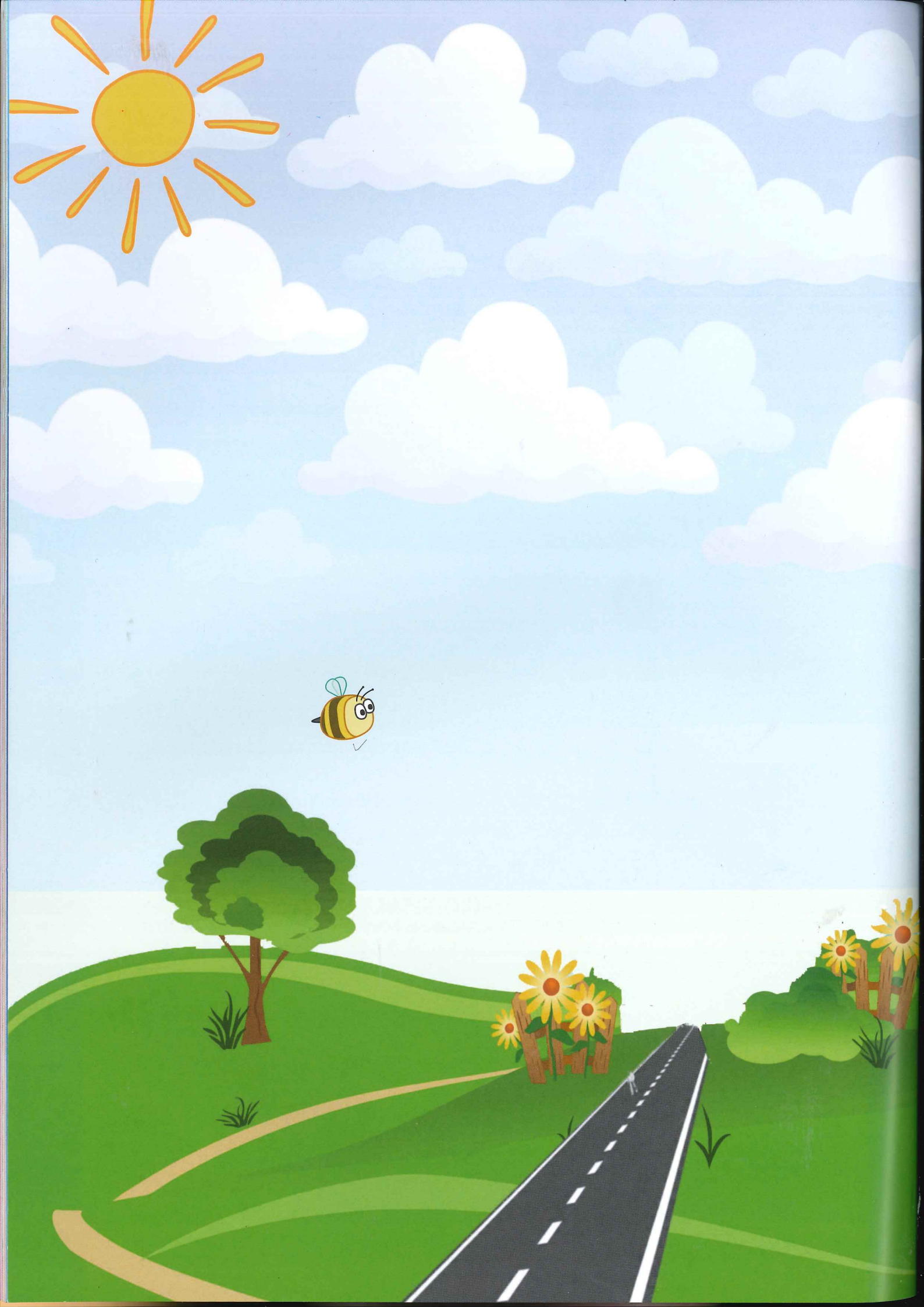
Rethink mental illness

Support and advice for people living with mental illness.

Telephone - 03005 000927

Email - www.rethink.org.uk

Samaritans

They can help you through tough times. They offer a confidential helpline. They might help you to understand your thoughts more or they can just listen to you.

Telephone - 08457 909090 (open 24 hours)