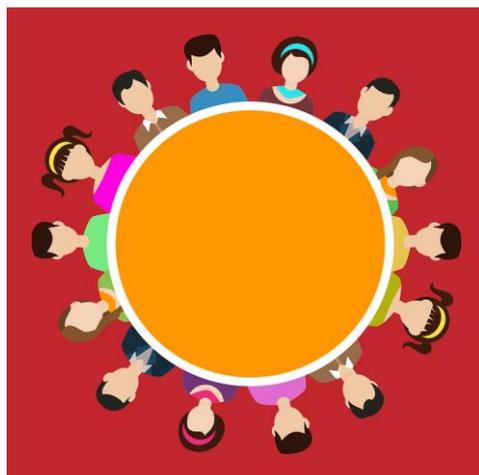


Southampton MHST

Newsletter – Secondary

October 2022

Welcome to the Mental Health in Schools Team (MHST) newsletter for October 2022!



In this newsletter we are focusing on two important recent events in mental health – both World Mental Health Day and OCD Awareness week!

We'll take a look at what OCD (obsessive compulsive disorder) is and some of the common myths and misunderstandings that someone with OCD often experiences.

We'll also explore the theme of this year's World Mental Health Day – *“making mental health and wellbeing for all a global priority”* – and try to understand what we could do to support this important message either as individuals or as a school community.



We are the Mental Health in Schools Team (MHST). We provide targeted support for anxiety, low mood and/or behavioural difficulties. In Secondary Schools we primarily provide 1:1 support with young people using evidenced-based interventions based on Cognitive Behavioural Therapy (CBT). If you feel you (or your child or pupil) would benefit from support from our service, you can speak to your school who will discuss with you and send a referral into our service.

Contact us:

If you have any questions or queries for the
Southampton MHST

Tel: 0300 1236689

Email: SouthamptonMHST@Solent.nhs.uk

OCD (Obsessive Compulsive Disorder)

October held OCD Awareness Week between 10-16 October, which was launched in 2009 and aims to raise awareness and understanding about OCD.

OCD (*obsessive compulsive disorder*) is an anxiety disorder which affects more than 1 in 100 people in the UK. It often develops in someone's late teens/early 20's but can develop at any age.

The experience of OCD can vary a lot, but it commonly means that individuals will experience both *obsessions* and *compulsions* which have a significant impact on their daily lives.

Obsessions

- Obsessions in OCD are repeated, unwanted thoughts or images that are usually distressing or cause anxiety.
- These obsessive thoughts are hard to ignore and often linked to worry that the thoughts might come true if the person doesn't do something about it - like compulsions.

Compulsions

- Compulsions are the things done in response to obsessions - often thought to stop something bad from happening or to feel less distressed.
- Compulsions are often repeated many times, are stressful and take up a lot of time.
- Common examples are checking things repeatedly, washing hands, or mental compulsions like counting or thinking certain phrases.

An individual with OCD might have many unwanted obsessive thoughts every day and respond to these with compulsions to try and cope. Importantly, although this can seem helpful it means they often feel stuck in a cycle of obsessions and compulsions which can cause a lot more distress.

Evidence shows that individuals with OCD can really benefit from support such as cognitive behavioural therapy (CBT).

If you think that you might be experiencing OCD then there are places you can go for help which can make a real difference. Chat to a trusted adult at school and ask that they discuss a referral with the MHST via your schools Mental Health Lead. There is also a lot of support online and you can find information on websites like ocduk.org and ocdaction.org.uk.

Myth Buster's



Myth- OCD is not treatable.

Fact- With the correct treatment, people with OCD can lead full and productive lives.

Myth - Everyone who is super neat and organised has OCD.

Fact- Many people have habits/routines they carry out daily. These habits can be helpful/bring joy to people lives therefore differ from compulsive behaviours.

Myth- People with OCD just need to relax.

Fact- OCD is not a simple overaction to everyday events. Whilst stressful events can make symptoms of OCD worse, stress does not cause OCD.

Myth- We are all a little OCD at times.

Fact- OCD is a mental health disorder, which causes significant distress and negatively impacts diagnosed individuals' day to day lives. OCD is not a personality trait.

Habits vs Compulsions

Habit – behaviours/ actions that you choose/ want to repeat.

Compulsion- an urge to behave in a certain way, which can often feel forced.

Looking at the examples below can you recognise which young people are struggling with a compulsion and which are habits?



Leah- often arrives home from school before her parents. Leah has been taught to lock the door when she arrives home and will check it once to make sure she has locked it. This stops Leah's parents from nagging at her and keeps Leah safe.

Adan- counts each step in his head as he walks up to bed. Adan believes something terrible will happen to his family if he doesn't do this. Adan knows that there are 9 steps however, Adan must repeat walking and counting the steps as he fears he may have miscounted, he repeats this until it feels 'just right.'



Rae- Since Covid-19, Rae washes their hands for about 10 seconds, before and after eating. Rae feels this is how to follow good hygiene practice after reading an article online about staying safe during the pandemic. Rae's friends comment on this suggesting they are being OCD about handwashing.

Bailey- has daily thoughts that they will harm others. These thoughts cause Bailey to experience extreme distress as they worry, they will act upon these thoughts, despite not wanting to. Bailey must empty and repack their bag multiple times, whilst repeating the phrase 'I am a good person.'. This can take Bailey up to 2 hours before their anxiety passes and they are able to get on with other tasks.



Answers- Leah -Habit, Adan-Compulsion, Rae- Habit and Bailey- Compulsion.

World Mental Health Day 2022

On October 10th it was World Mental Health Day and schools and colleges across the country marked the day in lots of different ways. The theme for this year's day was 'making mental health and wellbeing for all a global priority' – but what does this really mean?

1. Everyone has mental health

When we think about mental health we often think about mental illness. But just as physical health is about so much more than illness or injury, mental health is too. Thinking about mental health the same way we think about physical health is really helpful because it reminds us that both are important, and both are part of being human. To think more about this, check out the video below...

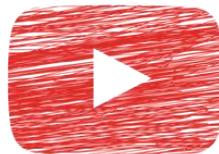


<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Another important thing that is the same across both mental and physical health is that there are lots of things we can do to look after ourselves. We think a lot about ways that we look after our physical health. We know that doing these things doesn't stop us from ever becoming unwell, but we know they can help prevent certain illnesses, make it easier for us to recover after an illness, and help us feel better overall. This is exactly the same with mental health! Check out these links and resources to think about some of the simple things you can do take care of your mental health...



Have a look at this great [mental wellbeing workbook](#)



Watch some of these helpful [self-care videos](#)



Check out this [article written by Mind](#)

3. We all need to talk more about mental health

There can be a lot of stigma associated with talking about our mental health. Most people would not think twice about telling people they were off school because of the flu, that they had broken our arm coming off their bike, or that their Grandad has sadly had a stroke. However, people often feel less comfortable saying they are off school because of depression, that they have been having therapy to help with their anxiety, or that their Uncle has schizophrenia. Stigma around mental health can prevent people from getting

help when they need it – whether that is from their friends and family or from a professional. But we can all play a part in reducing the stigma about mental health by talking about it more! The more we talk about mental health the more people understand and recognise it, and the more it becomes normal, even expected, for us to talk about it. Will you play your part?

Help design a poster for your school to get people talking – share it with us and we may even be able to get your design up in other places in the city!

Attend a mental health workshop from the MHST – not seen any advertised? Ask your school! We can also come to speak in assemblies or at special events

Share a video or resource on your social media page. How about one from this series – [‘whats up with everyone’](#)

Talk to a friend or family member - check out these tips from [YoungMinds](#) about how to talk about mental health

4. Everyone deserves access to the support they need when they need it

Unfortunately access to mental health care and support is not equal. Globally, we can think about the differences in healthcare systems between countries and how much funding is put into mental health services. Economic, cultural and society factors all play a role in this and if it is something you are interested in reading more about check out this article:

But even on our doorstep, within the city of Southampton, the access to mental health care is not equal. We are fortunate to have some great services in our area, but people can only reach out to them if they know about them. Therefore, one way we can improve access to this support is to make sure everyone knows it is there. Once people know about these services, they need to feel confident in reaching out. As we mentioned already, one key part of this is reducing the stigma around mental health. This is particularly important within groups and cultures where this stigma is particularly high, including some ethnic minority groups and the LGBTQ+ community.



The MHST is working hard to help share these messages and improve access to mental health support for as many young people and families as we can by...

- ✓ Running workshops on mental health in schools across the city
- ✓ Working with schools on their approach to mental health and wellbeing
- ✓ Offering 1-1 and group support to young people struggling with their mental health
- ✓ Sharing information about different services available with schools and families
- ✓ Producing these newsletters to spread the word on mental health and how to get support

But there is more that could be done. Perhaps you could help by...

Sharing Your Story



Check out other people's stories in this [BBC video series](#) for inspiration. You can share your story yourself or through platforms such as [Solent Mind](#), [HeadsTogether](#) or [YoungMinds](#)

Speaking Up

If you think something isn't being talked about enough say so! Maybe you can approach your school and ask for an assembly or PSHE lesson on the topic?



Getting Involved

If you want to get more involved in raising awareness of mental health in your school speak to your mental health lead about getting involved with school campaigns or working with the MHST in participation.

Want to go bigger? Why not look into getting involved with [YoungMinds](#) as an activist, blogger or joining their youth panel?



Signing a Petition



There are lots of petitions to get mental health talked about in political arenas, but they often need to hit a certain number of signatures to get heard. Check out this campaign from YoungMinds [#endthewait](#) or look at other petitions on the [government site](#).

Good news story

Oldest male graduates university and achieves top marks!

Our good news story for this month comes from Giuseppe Paternò who has achieved a first-class honours degree in Philosophy at age 96! Not only that, he is now considering furthering his education by studying a master's degree!

Paternò quoted 'I've finally realised my dreams.'.

Remember: It's never too late in life to achieve your dreams and you don't have to have to have it all figured out by the time you leave school!



Useful services and websites for parents and young people

Please see the details of the following services that may also be able to offer you and your child advice and support. Please note that during this unprecedented time services have had to change the way they work and offer support, so please contact the service directly to find out what is currently on offer.

THE SOLENT WEST CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):

If your child is currently receiving a service from CAMHS, a duty line for advice in the event of deterioration in your child / young person's mental health is available. Please request to speak to the duty worker on 0300 123 6661. You are also able to contact the Behaviour Helpline for advice and strategies with managing challenging behaviour on 0300 123 6661, your contact details will be taken and a Behaviour Advisor will return your call within 1 week.

Please be aware that in the current situation there may be a slight delay in responding to duty calls

The Public Health Nursing (PHN) Service offers support to children, young people and their families who live in Southampton. The team is made up of Nurses, Emotional Health and Wellbeing workers and PHN Assistants; who can offer support for a wide range of health issues such as growth concerns, support with long term conditions, sleep problems, continence issues, general anxiety and much more. They have a confidential text messaging service called Solent Pulse where you can text any health questions and have them answered by a nurse. They are currently offering support through telephone calls, emails, text messages and video calling to comply with social distancing rules. If you would like to contact PHN for support please use one of the methods below:

Phone: 0300 123 6661 Solent Pulse: 07491 163278

Website: <https://what0-18.nhs.uk/solent/school-nursing>

Email: snhs.publichealthnursingsouthampton@nhs.net

USEFUL TELEPHONE NUMBERS:

Southampton Multi-Agency Support Hub: (Safeguarding advice & parenting support).	02380 833336
Samaritans:	Free phone 116 123
Parentline (24-hour advice):	0808 800 2222
Child line:	0800 1111
NHS direct:	111 – non emergency helpline
SANE mental health help line (every day 16.30-22.30)	0300 304 7000
Young Minds help line (Mon-Fri 9.30-4pm)	0808 802 5544

USEFUL WEBSITES – UNDERSTANDING SYMPTOMS, ADVICE AND SELF-HELP:

- <https://childdevelopmentinfo.com/> - This covers numerous 'symptoms' of developmental disorders and mental health conditions. It also has a lot of helpful advice ranging from 'online safety' to 'getting children to eat greens'. Mixture of articles and short videos.
- www.youngminds.org.uk – information and advice for young people, parents and professionals, includes a telephone advice line and videos. This website covers emotional health, mental health conditions and neurodevelopmental disorders e.g. Attention Deficit Hyperactivity Disorder.
- http://www.sane.org.uk/resources/mental_health_conditions/ - information and advice, includes resources and useful leaflets to manage symptoms of many mental health symptoms. It also has online forums and a telephone advice line (above).
- www.getselfhelp.co.uk – this website is an invaluable resource containing free downloadable activities and videos for you to support your child to manage their emotional and mental health.
- <http://www.moodjuice.scot.nhs.uk/> - Similar to 'getselfhelp'.
- Selected mobile phone 'apps' to help manage symptoms can be viewed here, although please consider age appropriateness: <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-apps.aspx> (Or type 'Apps for Mental Health – NHS Choices into an internet search engine.)

Useful services continued

NO LIMITS ADVICE PROJECT <https://nolimitshelp.org.uk/> Contact Phone: 02380 224 224 – 13 The High Street, Southampton, SO17 1XN Email: enquiries@nolimitshelp.org.uk

Please contact the service via telephone, email or 'drop-in' to the advice centre.

The No Limits service offer advice and support to young people under the age of 26 years on many issues, including: housing, employment, money management advice, social support, symptoms of mental health, counselling for emotional ill-health, sexual health guidance, drug and alcohol support, victims and perpetrators of crime, plus much more.

SOUTHAMPTON CITY COUNCIL PARENTING ADVICE AND SUPPORT

<http://sid.southampton.gov.uk/kb5/southampton/directory/results.action?familychannel=8-7-1>

Please access this website to view a range of parenting support courses in Southampton. Or go into Southampton City Council's website and type 'families' into the search bar.

Please also contact the Southampton City Council MASH Team on the telephone number above for further advice around services and parenting support.

RE:MINDS

A parent-led support group for families of children with autism or mental health issues.

<https://www.reminds.org.uk/> With a closed Facebook group of over 600 members -

<https://www.facebook.com/groups/reminds>

CHILDREN WITH SPECIAL NEEDS

The Buzz Network - a group for Southampton parents/carers of children with disabilities/special needs. It is open to children with any disability from ADHD to visual impairments, as long as they meet the eligibility criteria. <http://sid.southampton.gov.uk> – type 'Buzz Network' into the search engine for contact details.

CHILDREN WITH SUSPECTED AUTISTIC SPECTRUM DISORDERS <https://www.autismhampshire.org.uk/>

Autism Hampshire: Information, Advice, 'Needs Assessment' and support. Community Access, Southampton Office –1648 Parkway, Whiteley, PO15 7AH, Tel: 02380 766162 Email:

communityaccess@autismhampshire.org.uk

BEREAVEMENT SUPPORT SERVICES

- <http://www.theredlipstickfoundation.org/> The Red Lipstick Foundation are here to offer services to families in Hampshire who have been bereaved by suicide or immediate family members following a person's sudden death.

- <http://www.simonsays.org.uk/> Tel: 08453 055 744 - Bereavement service for Children.

- <http://www.cruse.org.uk/?gclid=CMmGptiMktMCFYWRGwoduCOEiw> National Bereavement Service.

DOMESTIC ABUSE SUPPORT SERVICES

- <https://www.hamptontrust.org.uk/our-programmes/> support projects for those who have perpetrated domestic abuse, and, adults and young people who have experienced domestic abuse.

- <https://www.yellowdoor.org.uk/> Telephone: 023 8063 6313 - support project for adults and young people who have experienced physical and or sexual abuse.