

Cheshire Mental Health Support Teams Newsletter



**Cheshire and Wirral
Partnership**
NHS Foundation Trust



An update from your local team

As you are coming up to the end of a challenging and unpredictable year, we want to take this opportunity to wish you all a relaxed and well-deserved break.

Our teams will continue working over the holidays, so please contact us for any referrals you may wish to discuss before the end of term.

We will also be available to continue offering consultations for those of you who are still working.

*Please note that all requests for help must be sent to the referral email address - cwp.cheshiremhstreferrals@nhs.net rather than directly to practitioners.

We very much look forward to seeing you all in September!



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Summer Self Care Packs

Last year the Anna Freud Centre started a self-care campaign. It proved so popular it was continued on through lockdown and they are doing the same again this year. The campaign encourages children and young people to take care of their overall wellbeing during the summer break.

Self-care packs are available online and provide activities, support and advice for each day throughout the summer to help combat low mood and anxiety.

Packs are available for both children and young people on the [Anna Freud Centre Centre](#) site and have been created using suggestions from young people based on their own tried and tested methods of self-care.

Anxiety over the easing of lockdown?

For some people the easing of lockdown restrictions can't come soon enough, but for others the lifting of rules such as mask wearing and social distancing can be quite daunting.

The NHS Every Mind Matters team have put together some tips to help those who are feeling anxious to cope with this difficult change.



Look on the [Every Mind Matters](#) website for lots of information and videos on how to look after your mental health.



What's up with everyone?

A team from University of Nottingham and several mental health charities, including Happy Space and the Mental Health Foundation, have developed a host of short animations to encourage discussion around a few common areas of difficulty for young people. The animations have themes of perfectionism, loneliness, independence, social media and competitiveness and help with thinking about ways to deal with these issues.

Visit the [What's Up With Everyone](#) website for more information.

MyMind website and social media

For more information about your local CAMHS service and access to a range of other resources about mental health please click on this link mymind.org.uk
Our YouTube channel and mymind twitter feed can also be accessed by clicking on the links at the bottom of this newsletter.



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