

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

It's been a busy week in our MHST schools this week as we have been celebrating Children's Mental Health Week. In 2015, Place2Be, a children's mental health charity, launched the first-ever Children's Mental Health Week to highlight the importance of children and young people's mental health. This is now in its ninth year! The aim is to involve more people, reduce the stigma, spread the word, and raise vital funds for children's mental health. The theme this year was "Let's connect" students have been completing assemblies and workshops to reflect on what connections are and why connections are important to building good mental health.

Having relationships and connections to people, such as family and friends, can help people to feel happier and cared for. InsideOut have conducted a number of workshops to allow students to reflect on the connections they have made and what they can do to nurture those connections to allow them to stay strong and grow. Some of the suggestions from the students were; being kind, smiling, sharing, building trust, sharing interests and helping others.

We discussed the benefits that talking to others has on our mental health and wellbeing. Sharing experiences and creating positive memories can boost our mood and when we have a problem talking with people helps to release tension and deal with the troubles. The children recognised that talking about our problems isn't a sign of weakness. It's part of taking charge of your well being and doing what you can to stay healthy.

Students also learnt why it's important to take time to connect with ourselves. Putting self-connection first, allows us to make the choices that are right for ourselves, it builds confidence, allows us to feel more calm, understand ourselves more, have better relationships, and, perhaps best of all, we can believe in and trust ourselves.

The students thought about some of the ways they can connect with themselves, their friends and families and the wider world. Being outdoors in nature, going for a walk, sharing a joke, being involved in a club or team, gaming, listening to music, cooking and eating meals together were some of their suggestions. They created class paper chains to display in their classroom to represent all of the connections they make with themselves, their friends and families and their community.

The take home message from the sessions were;

- Our connections add meaning and value to our lives
- We can connect with people in many different ways
- We can also have meaningful connections with ourselves, our likes and interests and the wider world.

Some examples of the work that has been created by the students can be found on our MHST schools websites and social media accounts.

How to contact us

If you would like to have your say, or have any other questions please contact us.



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