



# CAMHS School in Reach Newsletter

Winter 2020

## CAMHS School in Reach updates

**Staff updates:** Our School in Reach Lead Shiamalee Tillekeratne will sadly be leaving us at Christmas to join the Child & Adolescent Harmful Behaviours Service. We wish her all the best with her new role!

**Resource updates:** We have created a video for parents across Oxfordshire about supporting young people within Covid-19. Please ask your school for access to this if they have not shared it with you already!

### Theme: Low Mood

It's fair to say that this year has been difficult for most of us. We have all been affected by restrictions around seeing loved ones.

Feeling low and sad about these things is a normal reaction to our current situation. The shorter days and colder weather may also affect our mood.

To help young people/children to manage low mood, we suggest the following tips:

- Looking after our physical health (eating 3 meals, getting enough sleep, regular exercise, consistent routine)
- Encourage your young person to get involved and do the daily activities in their normal routine. Low mood can cause us to withdraw from friends/family and lack motivation. The best way to improve our mood is to change our behaviour. 'Fake it 'til you make it' is key here!
- Support your young person to stay in touch with friends and family. Although this may have to be virtually or by phone for now, staying connected is one way to help us feel less low

If you are worried that a young person's low mood is affecting their everyday functioning, or if it is combined with self-harm or thoughts about suicide, please contact CAMHS on the number provided below.

**Key Message:** (an early) Happy Christmas from School in Reach! We hope you have a lovely break

### TOP TIP– THE FAB 4

When feeling low, try to plan 1 of each of type of activity (below) each week!

<b>1) Things I enjoy</b> 	<b>2) Activities that give a sense of achievement</b> 
<b>3) Physical Exercise</b> 	<b>4) Social Activities that connect me with others</b> 

### APP OF THE TERM– CATCH IT

Learn how to manage feelings like anxiety and low mood with Catch It. The app will teach you how to



look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

Child & Adolescent Mental Health Services (CAMHS) help children, young people and their families who are experiencing mental health difficulties. If you feel you need further support please call the Single Point of Access (SPA) on: **01865 902515**. The SPA team work between the hours of 8am-6pm Monday-Friday (excl. bank holidays). Outside of these times please call your out of hours GP or 111, and in an emergency always call 999.