



Newsletter

To help promote Health Awareness week, we have compiled some information to be shared with staff, pupils and parents.....



[Mental Health Awareness Week 2020](#)



Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all.

For information concerning support around your mental health please [click here](#).

Working together to promote the awareness week and to enable the message of mental health awareness to continue, Young Wrexham and CAMHS have organised a competition with fantastic prize of £20 voucher for the winner and £10 voucher for the runner up. (Where the voucher comes from is your choice!). Using KINDNESS as the theme, we want you to create a poster or a short animation/video that shows the link between KINDNESS and mental health. Research shows that kindness helps stop loneliness and creates a sense of belonging. It helps reduce stress, brings a fresh point of view and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.

We want you to be as creative as possible as these works will be displayed in both CAMHS and Youth Work projects and centres around Wrexham.

Competition Guidelines

1. There are two age brackets 11-17 and 18-25 for the competition. Please put your name, age and contact phone number on the back of the entry or on the email.
2. Artwork can be created using digital or non-digital formats. Posters should ideally be A4 in size
3. If using video/animation it needs to be in a format that will upload to youtube
4. Young Wrexham/CAMHS encourage entrants from different nationalities and languages throughout our community.
5. Only one entry per person is permitted.
6. Entries should be submitted to infoshop@wrexham.gov.uk or INFO for Young People, Lambpit Street, Wrexham, LL11 1AR
7. All artwork **must** be original and not subject to copyright laws or discriminate toward any individual, company or organisation
8. The winning entries will be judged on originality, creativity, impact and the message being portrayed.
9. The closing date is Friday 12th June 2020, with all entrants being displayed/shown.
10. Any queries, please contact Doc Hughes on 07800688987



**Your place to find information,
news and advice in wrexham**

Young Wrexham and CAMHS have organised an art competition to support Mental Health Awareness week which started yesterday. The competition is open for two age groups, 11-17 and 18-25.

Below after the request for young people to appear on a video, is the text for details of the competition as well as where young people can get help and support as well as the link to the website.

<http://youngwrexham.co.uk/blog/competition-time-for-mental-health-awareness-week-18th-24th-may-2020-kindness/>

Can you help promote Health Awareness week?....Can you make a short clip of yourself that can be posted on Young Wrexhams' social media to promote Health awareness week?.....

“It’s mental health awareness week and this year’s theme is promoting kindness. Please visit YoungWrexham.co.uk for how you can be supported with your mental health needs. You can also enter the Young Wrexham and CAMHS art competition with a chance to win a share of £60 worth of vouchers of your choice. Visit YoungWrexham.co.uk

STAY SAFE EVERYONE



We are currently changing the way, we ,as counsellors work due to the Corona Virus. Face to face sessions all have been cancelled and postponed for the near future.

We are still available to speak to any young people who wish to continue with their counselling sessions. We can do this via phone/email/text, at present and may look at other options in the next few weeks.

If you are on any of our waiting lists, someone will be contacting you shortly to let you know what is happening with your referral.

Please get in touch still if you want to make a referral for counselling support:

Info shop counselling enquiries – 07800689039/07808787643 or

email – outside_in@wrexham.gov.uk

School counsellors: between school hours 09:30-3:30pm on their allotted day in school

Penley – Contact Tracey on – 07800689088 - Monday

Clywedog – Contact Sharon – 07800689039 – Thursday & Friday

Contact Tanya - 07808787643 – Monday

St. Joseph's – Contact Louise - 07753771781 - Monday

Darland – Contact Louise - 07753771781 Monday

Or Janet - 07800999001 Tuesday

Ruabon – Contact Janet - 07800999001 Monday & Thursday

Rhosnesni – Contact Lisa - 07808787532 Tuesday & Thursday

Morgan Llwyd – Contact Lisa - 07808787532 - Monday

Contact Tanya – 07808787643 - Friday

St. Christophers – Contact Julie Edwards – 07584378333 – Thursday

Grango – Contact Julie Edwards -07584378333 - Friday

Bryn Alyn – contact Julie Hawkins – 07800687001 – Monday & Tuesday

We will be looking to do our drop- in a different way too. We will be in touch soon when we finalise how this is going to look and post ways to contact us via this.

Advice for Parents

If there are risk/safety concerns consider restriction or removal of potential harmful items to minimise any possible risk

Ensure all relevant people are aware of concerns such as other family members, teachers, other services or professionals involved

Encourage accessing self help information and use of distraction techniques (examples shown in images)

Encourage seeking support from others; identify the young person's support network

Monitoring of mood

Encourage open discussion

Attend A&E if there is an imminent concern for safety and/or medical attention is required

Keep a record of 'support and safety plans' and ensure the young person also has a copy

Liaise with GP, Counsellor or CAMHS

Betsi Cadwaladr University Health Board

Gwasanaeth Iechyd Meddwl Plant a Pobl Ifanc Ffordd Croesnewydd, Ysbyty Maelor, Wrexham, LL13 7TD

Child and Adolescent Mental Health Service Croesnewydd Road, Maelor Hospital, Wrexham, LL13 7TD

THE BEST APPS FOR MENTAL HEALTH

Psychology Wales

- 1 HEADSPACE**
Headspace is a free app that provides guided meditation, mindfulness, and relaxation exercises. It also offers a range of self-help tools and resources to help manage mental health issues.

- 2 WELLMIND**
Wellmind is a free app that provides a range of self-help tools and resources to help manage mental health issues. It includes a mood tracker, a thought diary, and a range of self-help exercises.

- 3 TOTO - THOUGHT OF THE DAY**
Toto is a free app that provides a daily thought of the day. It is designed to help users manage their thoughts and feelings, and to provide a sense of connection and support.

- 4 CATCH THAT THOUGHT**
Catch That Thought is a free app that provides a range of self-help tools and resources to help manage mental health issues. It includes a thought diary, a mood tracker, and a range of self-help exercises.

- 5 THE STRESS AND ANXIETY COMPANION**
The Stress and Anxiety Companion is a free app that provides a range of self-help tools and resources to help manage stress and anxiety. It includes a mood tracker, a thought diary, and a range of self-help exercises.

- 6 THRIVE**
Thrive is a free app that provides a range of self-help tools and resources to help manage mental health issues. It includes a mood tracker, a thought diary, and a range of self-help exercises.

Betsi Cadwaladr University Health Board

GIG C.Y.M.U.E. NHS WALES | Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

Wrexham CAMHS
Wrexham Child and Adolescent Mental Health Service

Keeping Safe: Self Help information

Betsi Cadwaladr University Health Board

Coping with your low mood

9 Common Causes of Low Mood

 Bullying	 Falling behind with school work	 Family problems and arguments	 Loneliness
 Traumatic events	 Physical health problems	 Family history of depression	 Moving school or home
	 Friendship and relationship difficulties		

Symptoms - Mind and Body


Psychological		Physical	
Frightened, worried or anxious		Aches and pains	
Upsetting thoughts	Lack of interest and motivation	Self-harm	Changes in appetite
Guilt	Isolating yourself	Disturbed sleep	Tired
Sad and tearful			


8 Ways To Help Yourself Feel Better

 Spend time with a friend	 Keep active	 Sleep well every night	 Eat healthily and regularly
 Avoid drugs and alcohol	 Listen to music, draw, read or write a diary	 Speak to an adult (parent, teacher or health worker)	 Plan something to do each day

Places where you can get more help

 **Charities**
 Youngminds.org.uk
 Youthhealthtalk.org
 Childline.org.uk; 0800 1111
 Samaritans.org; 116123

 **Books**
 For a list of helpful books:
 Reading-well.org.uk

 **Contact a parent, teacher or:**

Useful helplines

The country may be on 'lock down' but remember what ever you're facing,

you are not alone and there is always someone there to help you.....

- Childline: <https://www.childline.org.uk/toolbox/calm-zone>
- Teen Health: <https://teenshealth.org/en/teens/>
- Beat re: eating disorders: www.b-eat.co.uk - 0845 634 1414
- Childline – www.childline.org.uk – Telephone: 0800 1111, Textphone: 0800 400 222
- Samaritans - www.samaritans.org.uk
- Mind – www.mind.org.uk
- Papyrus – www.papyrus-uk.org
- HOPELineUK helpline – 0800 068 41 41
- C.A.L.L. Mental Health Helpline 0800 132 737 or TEXT *help* to 81066
- www.getselfhelp.co.uk – lots of ideas on how to cope
- www.getconnected.org.uk – help for young people
- www.youngminds.org.uk – information on mental health
- www.bullying.co.uk – information about bullying
- www.Kooth.com

Drugs and Alcohol

Young Minds: Parent Support re: Drugs and Alcohol

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-drugs-and-alcohol/>

Wales Drug and Alcohol Helpline

<http://dan247.org.uk/> 0808 808 2234 Text 81066

Young People

Talk to Frank - Information website concerning Drugs

www.talktofrank.com

The Mix – Information website concerning Drugs

<https://www.themix.org.uk/search/drugs>

Childline – Information website concerning Drugs

<https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/>

Young Wrexham – Information and advice website for young people (11-25) who live work and study in Wrexham

<http://youngwrexham.co.uk/info/drink-drugs-smoking/in2change/>

<http://youngwrexham.co.uk/info/drink-drugs-smoking/drugs-and-substances/>
<http://youngwrexham.co.uk/info/drink-drugs-smoking/alcohol/>

Wales Drug and Alcohol Helpline

<http://dan247.org.uk/> 0808 808 2234 Text 81066

Information, advice and advocacy helpline in Wales

<https://www.meiccymru.org/>

drinkaware.co.uk (for all)

talkaboutalcohol.com (for teachers)

Domestic abuse/violence – help and support

Please see below the links which provide specialised support for anyone who may be experiencing domestic abuse or in the event you are aware of any colleague/service user who may be:

The Live Fear Free Helpline provides support for victims and survivors irrespective of gender; service providers and 'concerned others': <https://gov.wales/live-fear-free> Tel: 0808 8010 800

The Safer Wales Dyn project provides support to Heterosexual, Gay, Bisexual and Trans men who are experiencing Domestic abuse from a partner. <http://www.dynwales.org/contact-dyn-project/?contentID=577> Tel: 0808 801 0321

The Bawso helpline offers support to BAME victims and survivors affected by domestic abuse and all forms of violence against women. <https://bawso.org.uk/contact-us/> Tel: 08007318147



WCBC Staff- Carefirst

Who are Care first? With ever increasing pressures at work and home, there are times when we all need some extra support to balance the demands of everyday life. Care first are an independent, leading provider of professional employee support services. Care first employ professionally qualified Counsellors and Information Specialists, who are experienced in helping people

to deal with all kinds of practical and emotional issues such as Wellbeing, family matters, relationships, debt management, workplace issues, and much more...

How do I use the service? The service is free of charge for you to use and you don't need to ask your manager to use Care first, just call **0800 174319** and you can speak to a professional counsellor or information specialist in confidence. Care first is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online. The EAP can provide information booklets, articles, resource information on support services in your local area and even short term face-to-face counselling to help get you back on track.

Online Services –

- The Care first **Lifestyle** website offers extensive resources including articles on health, issues at home, issues at work, management support tools, stress questionnaires and online counselling in real-time.
- The Care first **Zest** website is an online personal and interactive Wellbeing portal which helps you identify which areas of your Wellbeing may need some focus and gives you all the tools, information and support you need to make positive changes. This unique health management resource helps you enhance your Wellbeing and lead a healthier lifestyle.

What do I use the service for? Care first is designed to help you with a wide range of work, family and personal issues. From work-life balance to childcare information, relationships to workplace issues, health and well-being, let your EAP support you on the issues that affect all of us at some point in our lives. Topics include, but are not limited to:

- Work-life balance
- Relationships
- Childcare information
- Health and well-being
 - Debt
- Disability and illness
 - Careers
- Bereavement and loss
 - Stress
- Elder care information
 - Life events
 - Immigration
- Anxiety and depression
 - Family issues
- Bullying and harassment
 - Education
- Consumer rights
- Workplace pressure

Is it confidential? Your organisation does not know who uses our service unless the individual personally chooses to tell someone about his or her contact with Care first. We do provide statistics to your organisation to show how many employees use the service and the broad types of issues that employees raise with us, for example; 'relationship breakdown at home' or 'bullying and harassment in the workplace', so no information is ever passed on which could potentially identify you.

www.carefirst-lifestyle.co.uk

0800 174319

And finally.....

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**“Experts say that petting a cat is a good way
to reduce stress...but nobody told the cat!”**

wrexham
COUNTY BOROUGH COUNCIL
wrecsam

Gwaith Awarddol Genedlaethol
Hysbysebwrth Cynulliatu Ymddiriedolaeth Iechyd Cymru

Welsh Network of Healthy School Schemes
National Quality Award

Contact us at helen.jones@wrexham.gov.uk
alan.williams@wrexham.gov.uk
nerys.bennion@wrexham.gov.uk