

Healthy Heads Newsletter

Healthy Heads who we are

The Healthy Heads Team is a Mental Health Support Team based in Sunderland Schools. We offer early intervention to help children, young people and their families who are struggling with mild to moderate anxiety and/or Low mood. The team comprises of Education Mental Health Practitioners, Primary Mental Health Workers and Primary Mental Health Specialists who provide a range of emotional, behavioural and psychological support services to children, young people, parents and professionals.

WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Healthy Heads Spring and Summer Term- Moving on up

The transition to primary school or moving up a year group can be really challenging for a young person and their families. Some respond well to change, and will feel ready for the move, while others will be seeking reassurance and needing more preparation.

Our team can help by:

- Providing support to teachers and education settings
- Offering support to parents
- Providing group work for children and young people
- Providing individual work for children and young people

All support can be arranged by contacting your Mental Health Support Worker or the Healthy Heads Team.



Calm Harm app provides tasks to help you resist or manage the urge to self-harm.



Clear Fear app-learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions



Chill Panda app- Learn to relax, manage your worries and improve your wellbeing

Healthy Heads Update

Mental Health week was the week commencing 7th of February. The theme this year was growing together.

As a team we promoted the Five Ways to Wellbeing as a fantastic way to promote mental health.

We went into local schools and provided workshops around the Five Ways to Wellbeing.

School feedback **“The sessions were very informative and gave the children a good learning opportunity”**

Moving up – Support from other/local services

Anna Freud can provide transition support and they can highlight potential worries associated with starting secondary school. Knowing that you're not alone if they are feeling worried and identify solutions and strategies for looking after their mental health.

[Mental health animation toolkit for teachers and schools | Young people mental health \(annafreud.org\)](https://www.annafreud.org/young-people-mental-health)

Kooth provide support to all schools across Sunderland throughout the academic year. Kooth are offering a transition support session in school for children who will be transitioning from primary to secondary school. The sessions will last 40-50 minutes and can be arranged by contacting Kooth.