

April 2021

Newsletter for professionals

Self Harm

We know that when people become overwhelmed by negative thoughts and emotions, these thoughts can turn into thoughts of wanting to harm themselves. This is quite a common thought for young people to experience when they are struggling. We know that it can be scary for that person or for the people they share these thoughts with. It is important to try and remain calm and help the young person to share with you how they are feeling.



Sometimes a young person actually harms themselves and shares this with you. Again it is important to keep calm and ensure that the young person is safe and given First Aid if required. We don't advocate that young people should be sent to A&E unless there is a medical need. Please always contact the Children and Young People's Mental Health Team (CAMHS) Single Point of Access (SPA) Team on 01302 796191 to seek advice on next steps and if it is felt that a young person would benefit from urgent assessment, then the CAMHS SPA team will advise on this.

Stress Awareness

April 2021 marks Stress Awareness month. Stress is something we all face from time and time and it is important to take time out and think about how we are feeling.

We know that supporting staff in managing their own mental wellbeing is so important. You cannot support others if you are not feeling calm and in control yourself. One model to explore this is the Window of Tolerance and is perfectly explained in this video by Beacon House here: <https://www.youtube.com/watch?v=Wcm-1FBrDvU>

The Stress Management society have conducted some research which identified that 65% of people in the UK have felt more stressed since the COVID-19 restrictions began in March 2020. The three key

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Stress Awareness Month
www.stress.org.uk



causes for concern are feelings of disconnection, uncertainty, and a worrying loss of control, so to help with this the theme for Stress Awareness Month 2021 is 'Regaining Connectivity, Certainty and Control'.

Looking after your own wellbeing has never been more important than with all the stress and uncertainty of current times. We can offer training around staff wellbeing (just get in touch with us about what you are thinking) and there are some brilliant resources to support you: <https://bit.ly/2OW7ffl>

If you've any feedback on this issue, please let us know by ringing
01302 796191



Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

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