

Parent's Newsletter

November 2020

National Stress Awareness Day



The first Wednesday in November marks Stress Awareness Day. Stress is a subject we all face from time and time and it is important to take time out and think about we are feeling.

Stress management is an important life skill and there are lots of tools we can use support us. In this newsletter we have focused on something called a stress bucket. Why not give it a go!

Shout out!

October 10 was World Mental Health Day and two of our amazing colleagues ran 5k to raise awareness for mental health and The Me Project #mileintheirshoes

<https://www.facebook.com/TheMEProjectDoncaster/>

Incredible work Tracy Moverley and Paige O'Brien!



Team spotlight

After a case is picked up either in school or through our Single Point of Access, we would spend some time finding out more about what is happening for the young person and why they may be feeling like they do. We then have different options for support depending on their needs. Last time we explained a little about the Locality team and With Me in Mind, but CAMHS is made up of different "pathways" and teams. Over the next few newsletters we will explain a little about these.

CBT Team

This month we will focus on our Cognitive Behavioural Therapy (CBT) team.

CBT is a specialist therapeutic intervention for many mental health issues. It looks at the links between the way we think, feel and act and works to change these to be more helpful.

The Doncaster CAMHS CBT Team currently has a total of 6 trained staff members who specialise in CBT. Session numbers vary dependant needs. CBT can be delivered on a one to one basis with a child or sometimes work with the adults who can then use the techniques to support their children.



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.

Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



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/>

Follow us on:



@doncastercamhsnhs

Stress Bucket

Feeling under pressure is a normal part of life and can help you get motivated and get things done. But sometimes the pressure can feel too much and we can feel overwhelmed by worries. This can begin to affect our mental health and so it is important to learn how to notice and manage what is causing our stress.

Stress Bucket is a method we often use with young people to help them identify their worries and begin to put plans in place to manage them. Stress is represented by water flowing in the top and the holes in the bucket letting out the stress are our coping techniques. The goal is to make sure you are keeping in balance and your bucket doesn't overflow, leaving you feeling overwhelmed.

What are some of your stressors:

.....

.....

.....

.....



What are your stress symptoms?

.....

.....

.....

.....

.....

.....

.....

Overflowing =
Loss of control

What does your loss of control look like?

.....

.....

.....

.....

What are your coping tools?

.....

.....

.....

.....