MHST Monthly Round up - June 2022

Contact us: MHSTNorth@spft.nhs.uk

Hello Summer!

As we say hello to summer on the 21st June, it is a perfect opportunity to enjoy the warmer weather and the longer days by getting outside and being active. Exercising outside is a great way to make you feel good on the inside! You could:

- Walk, cycle or scooter your way to school
- Play a sport outside like football, tennis or basketball
- Go for a walk in nature
- Have fun at a playpark

Can you think of any other ways to exercise outside?



Remember, if you are feeling sad or need someone to talk to, you can ask your teachers to get in contact with your Mental Health Support Team:

MHSTNorth@spft.nhs.uk

A reminder of what the MHST can support you with:

Sleep difficulties Anxiety Worry Phobias Panic
Low Mood OCD Single Event Trauma

National Bike Week 6-12th June 2022

Bike Week is all about you and your local community! It's a chance to come together and tell the UK that cycling is the answer to many questions- how can I help myself, my community and my planet?

- Try riding your bike to school every day during bike week
- Cycle to the park with friends or family for a picnic
- Set up a bike wash and get all the family's bikes clean for a family ride
- Go on a cycling scavenger hunt using the sheet on page 2

Let's talk about sleep!
Are you getting enough?

Good sleep can make you feel:

- -happy
- -healthy
- -energetic
- -creative

Not enough Sleep can make you feel:

- -sad
- -angry
- -tired
- -unwell



Can you work out how many hours of sleep you get at night? Do you need to go to bed earlier?

Activities

Scavenger hunt

Tick off how many of these you see when you are out cycling.



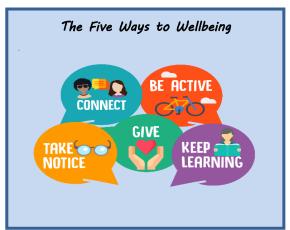


Lady Bird	lake or Pond	Butterfly	Brown Leaf	Bird
Post Box	Flower	Snail	Pinecone	Cloud
Feather	Ants	Tree Stump	Spider Web	Bee
Worm	Union Jack	Acorn	Another Bicycle	Cobweb

cycling







ChildLine- Call 08001111 9am- Midnight Everyday - Free telephone support for children to discuss any concerns or worries.

Shout—text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.

Kooth - https://www.kooth.com/ - 24/7 online counselling

June Dates

1st June - National Say Something Nice

2nd - 3rd June - Queen's Jubilee Bank

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Holiday

5th June - World Environment Day

6th - 12th June - Bike Week

19th June - Father's Day

20th June - World Refugee Day

20th - 26th June - MENCAP learning

disability week

20th - 30th June - World Wellbeing Week

21st June - Summer begins

23rd June - National Writing Day