



NEWSLETTER

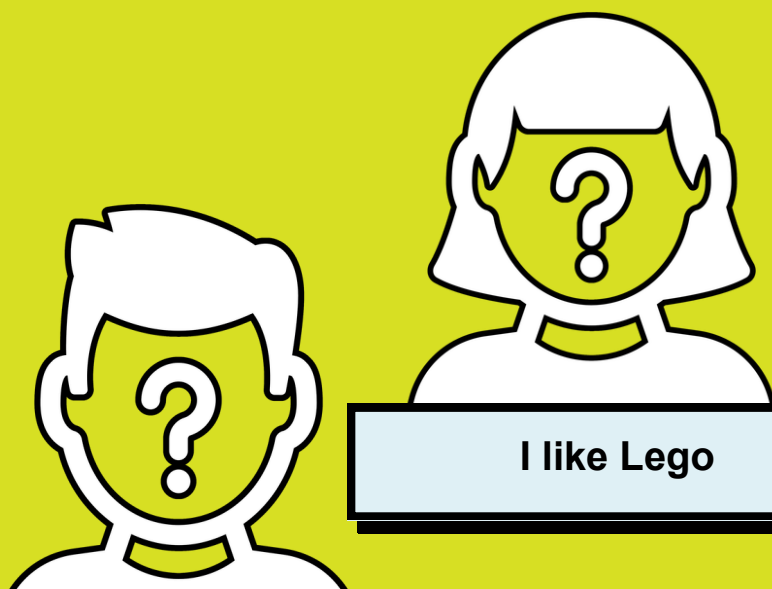


April Meeting : Mental health and wellbeing



Guess Who

Can you guess who it is based on the facts given?



I like Lego

I have 4 cats and fish

- Help each other
- Open to suggestions
- Confidentiality



BREAKING NEWS

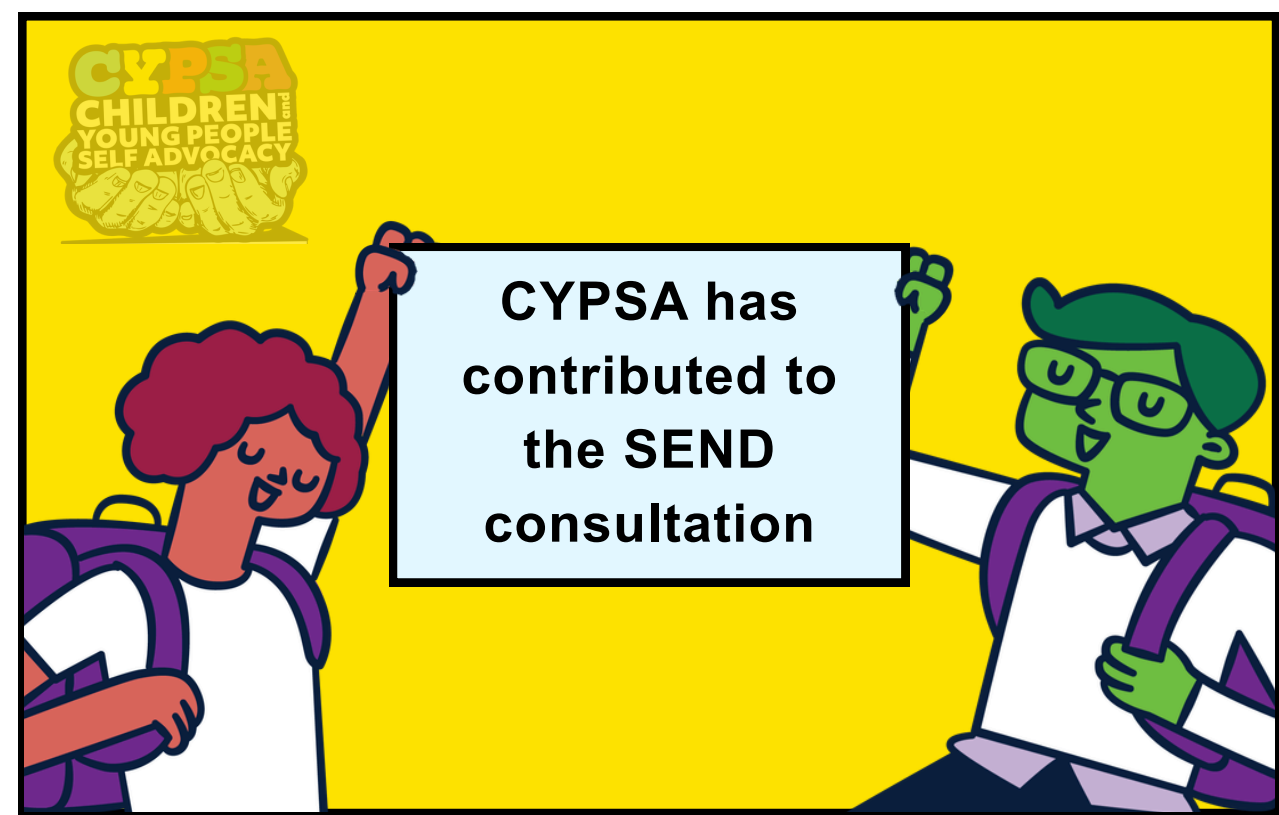
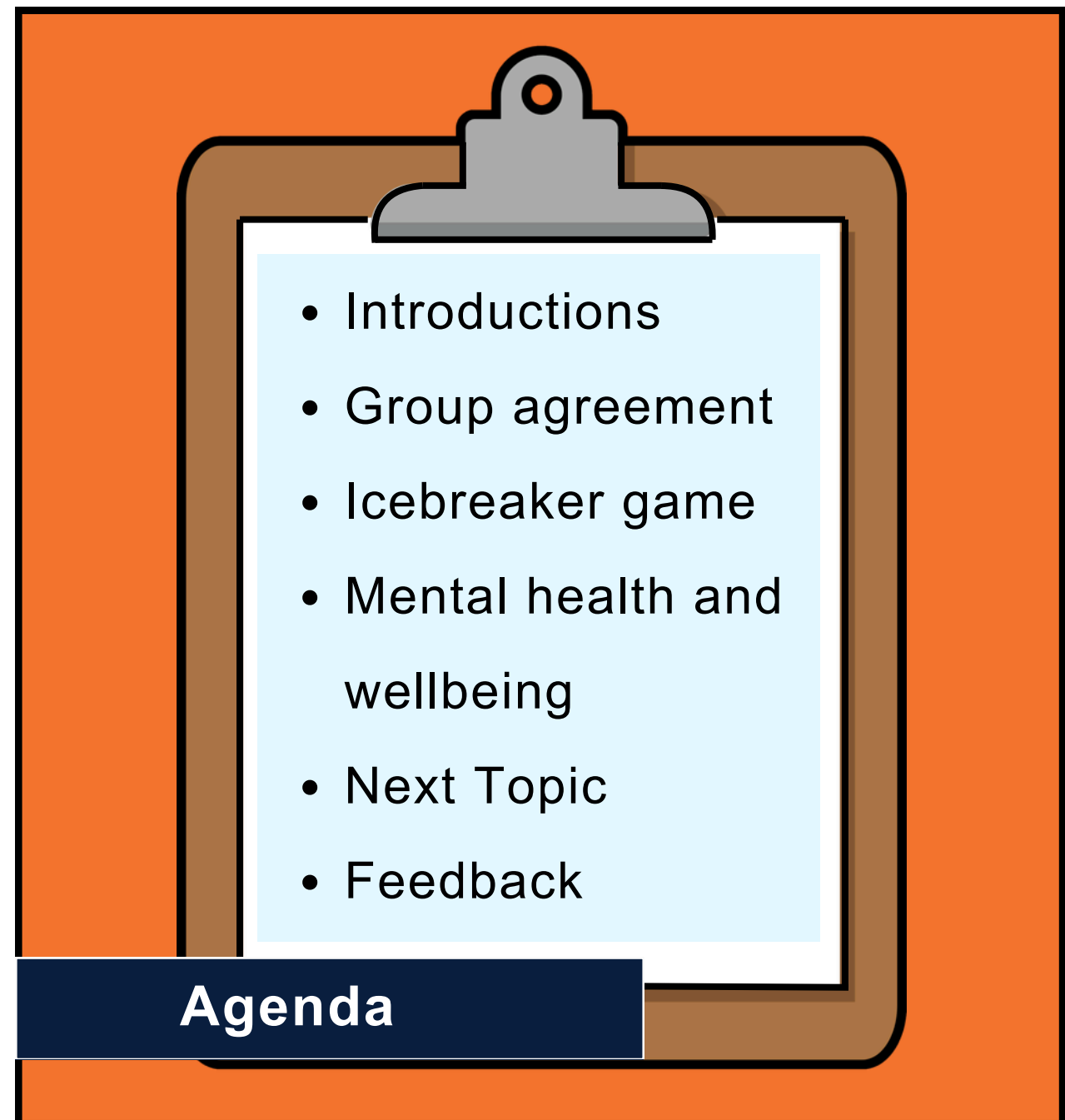
News Highlights

- Dream Job
- Therapy dog
- Runner

See inside for more information



UPDATES/ NEWS



Monthly Highlights & SEND specific news

BREAKING NEWS

A man with Down's syndrome said landing his dream job in the performing arts has taught him about "finding yourself as a human and an artist".



[Link to article](#)

A new therapy dog who has started work at the Rob Burrow Centre for Motor Neurone Disease has already brought "a smile to everyone's faces", staff have said.



[Link to article](#)

A blind runner plans run a marathon using technology that allows sighted people to see what he sees - and to give him directions - in real time.



[Link to article](#)



This month's topic is mental health and wellbeing, talking about which services we had been involved with, what we expect from them but also stereotypes about mental health and young people with disabilities. We had had a returning new member which was great to see him come back, giving us a total of 5 members this month.

To begin the session, we had our check in, with batteries this time rating how much energy we had, which is vital to allow everyone to access the session as mental health is a heavy topic to discuss sometimes. We moved onto our ice breaker, which was a guess the person game! We all had to put facts about ourselves in the chat, and then we all took it in turns to guess who said what! We all found out that many people love Lego (especially the YPC) and also many loved books! It was a great game that everyone enjoyed, and it was a good way to get to know each other a bit more!

We discussed what mental health services are available to us that we know of and also what we would expect these services to do for us, which is a vital question as many times there are misalignment in having these services line up with the outcomes we as young people would like. We moved onto barriers that exist that stop us from accessing these services. With many talking about the impact of different services having different ending ages, and also how you often don't know who to call until you're in too deep with your mental health. Then, we progressed onto stereotypes about mental health and having SEND, and there was a lengthy discussion about how you can have SEND related mental health struggles, but also have nonrelated mental health struggles. Next, we discussed self-care and what we do to look after ourselves, many of us did practical activities like Lego or war hammer figures. We were very lucky that one of our members went and got one of their war hammer figures and explained how he did it and the benefit it gave him.

To finish up we did another ice breaker so we could end on a positive note, we had a competition of who could name the emoji code, just like Dingbats. Everyone who attended felt heard and felt they had an opportunity to join in. Next month we are going to continue with this topic and also give an update on the white paper.

Consultation update



YOUNG PEOPLE'S CHAMPION

The consultation for the SEND reform: putting children and young people first has now closed, and CYPISA has contributed this. Over the month of March and April, I have been writing CYPISA's response to the questions using input from our young people

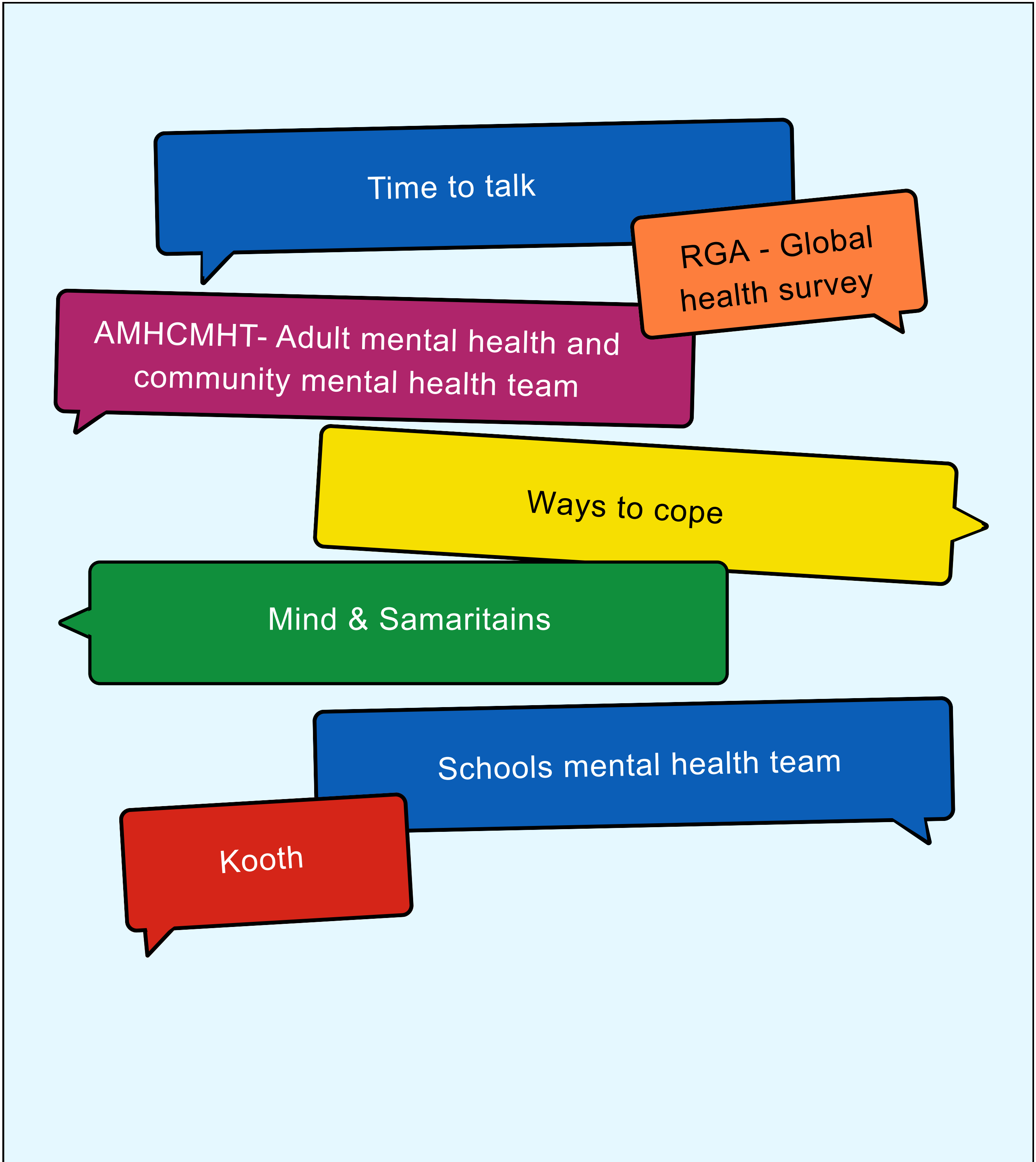
we have had young people contribute via our monthly meetings but also in writing directly. We chose to only respond to the relevant questions to CYPISA and used direct quotes in our answers so that the young person's voice was truly given.

I went through all of our previous menti's with the aim to gather more young people's voices, as we have had some young people leave over time to attend university. I also added in possible solutions that we had discussed as a group in the 4 years of CYPISA, with a key discussion being having a wider range of specialised teachers in each school to ensure every young person gets the best education they can to thrive not just academically, but in life.

CYPISA has agreed to be contacted by the Department of Education to provide more young people's perspectives, so we are hopeful that they will reach out so we can emphasise what we hear in the southwest to hopefully change the national interpretation. We have released our consultation response to our members, so they can see what we have submitted.

– *Written by YPC*

Are you aware of any mental health services available to you? If yes, what are they



What do you think these services can help with?





Schools Mental Health Team (MHST)

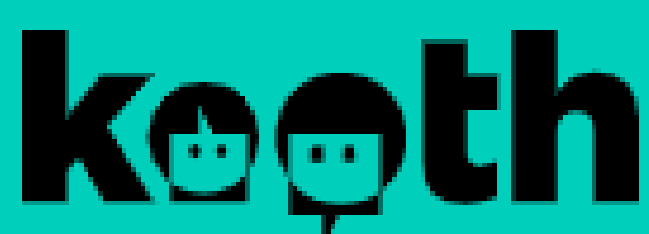
Age 5-18 (Primary and Secondary)
sometimes college students depending on the area

They can help with:

- Anxiety low mood behaviour and stress
- Early intervention in school settings

NHS support teams that work in schools and colleges

- Early support and intervention before things get serious
- Short term interventions and strategies, helps support teachers and parents to understand
- Are able to refer you to a more specialist service



Kooth

Age 11-25 years
Some areas offer up to 18 and others extend to 25

They can help with:

Online counselling (chat based)
Anonymous support and self help tools

Online mental health for those ages 11-25

- Free anonymous and online counselling, self help tools and journals
- peer support through forums and discussions



MIND

Age 18+
Some local charities offer young people services, support groups and local services

They can help with:

- Advice, information and Advocacy
- Support Groups

A UK mental health charity - Don't usually provide crisis counselling

- Information about mental health conditions and treatments
- advice for where to go locally
- support with rights benefits work and advocacy
- Some local Mind charities offer counselling or support groups
- Ongoing support





Adult Mental Health / Community Mental Health Team (CMHT)

Age 18+

They can help with:

- Moderate to severe or long term mental health conditions
- Ongoing care, therapy and medication

NHS support teams that work in schools and colleges

- Early support and intervention before things get serious
- Short term interventions and strategies, helps support teachers and parents to understand
- Are able to refer you to a more specialist service



Samaritans

All ages

They can help with:

- 24/7 emotional support
- Listening during crisis or distress

Online mental health for those ages 11-25

- Free anonymous and online counselling, self help tools and journals
- peer support through forums and discussions



Samaritans

All ages - Have to be a UK resident

They can help with:

- 24/7 emotional support
- Listening during crisis or distress

Secure texting platform for those in distress or struggling

- Peer chat available for those 16-25
- Free 24/7 support



What barriers might stop you from reaching out to these services

The infographic consists of three rows of illustrations and speech bubbles. Each row represents a different barrier to reaching out to services.

- Row 1:** A yellow speech bubble on the left says "Age, under or over 18". In the center, a girl with green skin and a boy with blue skin are shown. The girl is pointing to her head and the boy is making an 'OK' hand gesture. A red speech bubble on the right says "Do not know who to trust." and "My own mental health".
- Row 2:** A purple speech bubble on the left says "My past negative experiences with some of the services". In the center, a boy with purple skin is shown with his hand to his forehead, looking thoughtful. A blue speech bubble on the right says "Do not know who to trust or call". On the far right, a girl with orange hair is shown holding a fidget spinner.
- Row 3:** A green speech bubble on the left says "I worry they won't believe you". In the center, a girl with blue skin is walking with a backpack and holding a pencil, and a boy with green skin is sitting in a wheelchair with his arms raised in excitement. A purple speech bubble on the right says "Young people sometimes feel like they aren't allowed to have mental health".

What barriers might stop you from reaching out to these services

The infographic consists of three rows of illustrations. Each row features a central illustration of a person and two speech bubbles containing text. The first row shows a girl and a boy; the girl's bubble says 'Age, under or over 18' and the boy's bubble says 'Do not know who to trust. My own mental health'. The second row shows a boy with his hand to his forehead and a girl on a phone; the boy's bubble says 'My past negative experiences with some of the services' and the girl's bubble says 'Do not know who to trust or call'. The third row shows a girl with a backpack and a boy in a wheelchair; the girl's bubble says 'I worry they won't believe you' and the boy's bubble says 'Young people sometimes feel like they aren't allowed to have mental health'.

Age, under or over 18

Do not know who to trust.
My own mental health

My past negative experiences with some of the services

Do not know who to trust or call

I worry they won't believe you

Young people sometimes feel like they aren't allowed to have mental health

Do you think there are any misunderstandings or stereotypes about mental health and young people with SEND, what are they?

Myths/Stereotypes/Misunderstandings have been provided by members during our virtual meetings

Myths

Because I have a disability or different ability my mental health problems are because of that

Boys do not cry

Men don't have mental health

Facts

Having a disability or different ability doesn't automatically mean your mental health is linked to it. Everyone has mental health and anyone can feel anxious, sad or even stressed. Your feelings matter on their own, no matter who you are.

Boys DO cry, which is completely okay and normal. Crying is normal for everyone to express feelings. Everyone has emotions and expressing them is healthier than holding them in.

Everyone has mental health, men, women and people of all genders and ages. Men can feel things too and it's important they can talk about it and get support.

Young people dont actually struggle with mental health

Children and young people can have mental health challenges, just like adults. School, friendships, family life and even growing up can affect how you feel. Getting help earlier on can make a difference

Reducing the stigma around mental health



Engage

openly in mental health conversations whether it be at home, work, school or within the community



Normalise

Seeking help and accessing therapy or any other support that may be available



Educate

yourself, ensure that the information you are reading is correct



Create a space,

A safe space to discuss emotions and feelings



Treat those struggling with compassion

and empathy, Everyone has their own thing going on.



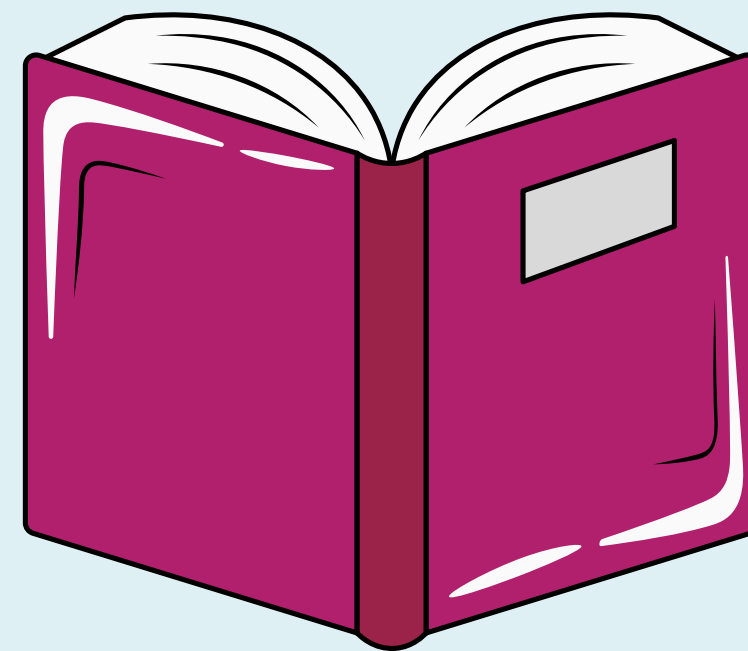
Be aware

of the language that you use when speaking about mental health

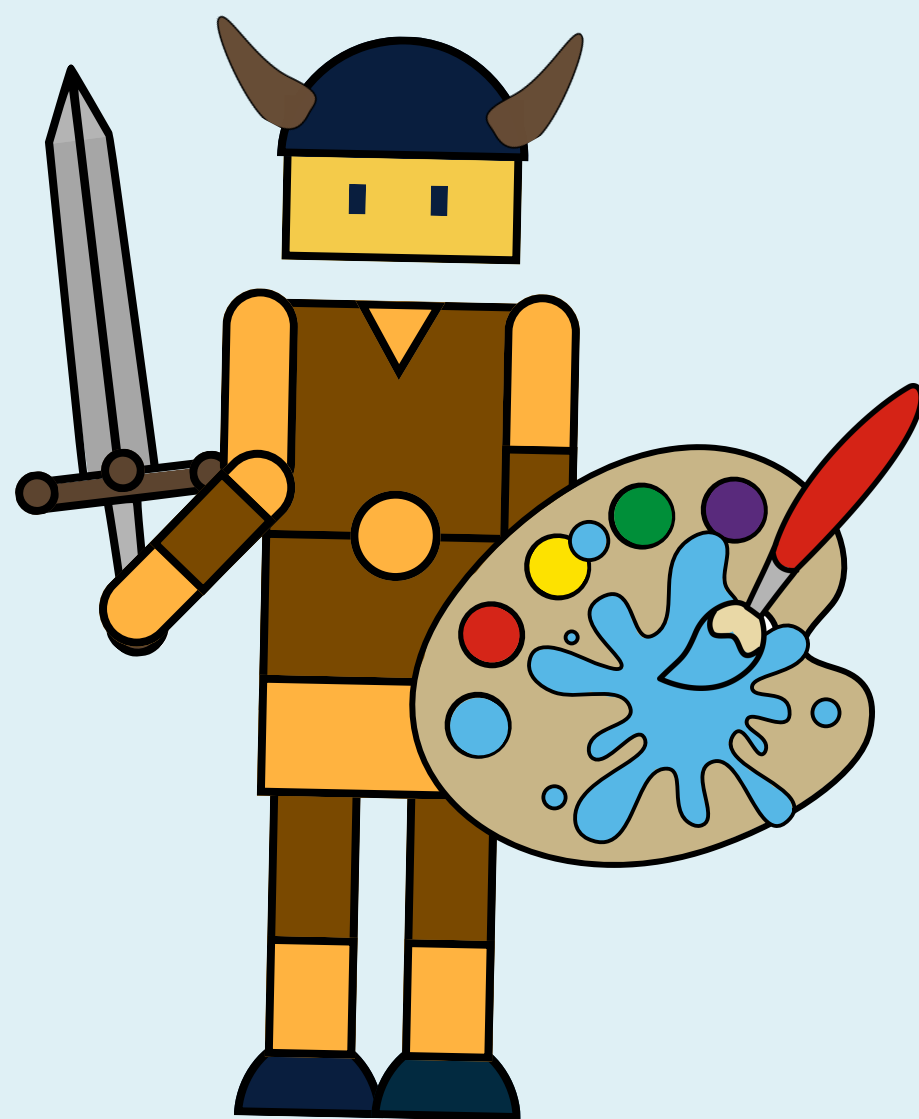
Self Care - How do you look after your mental health? can you share any ideas that might help other young people



Healthy doomscrolling



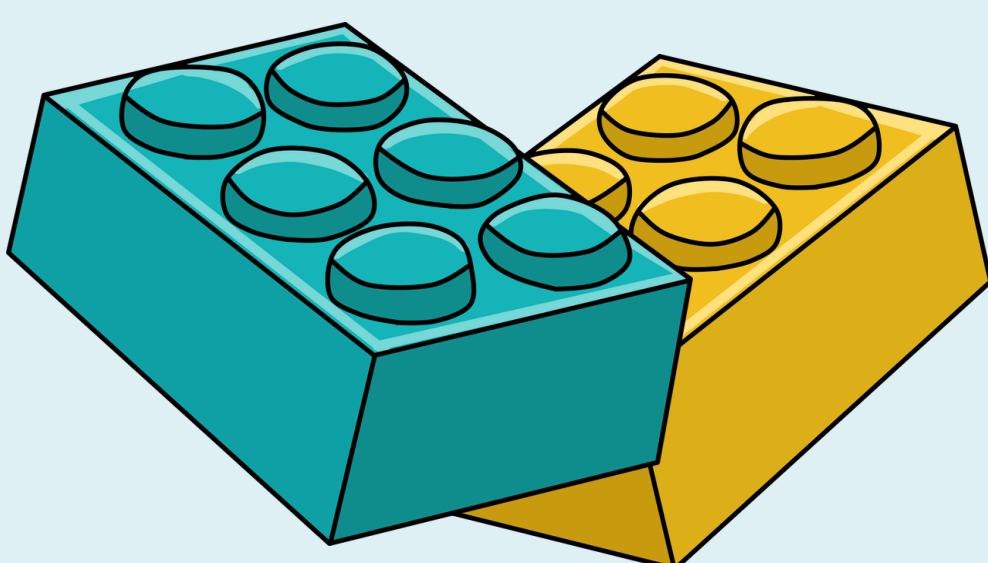
Reading



Warhammer painting, research and games



Spending time with pets



Lego



Drawing / colouring

Have you ever faced challenges after asking for help or being referred to a service?



4 out of the 8 members who attended have faced challenges after asking for help or being referred to a service. 3 Members chose not to opt in and 1 member could not recall.



They refused to see me as I had autism



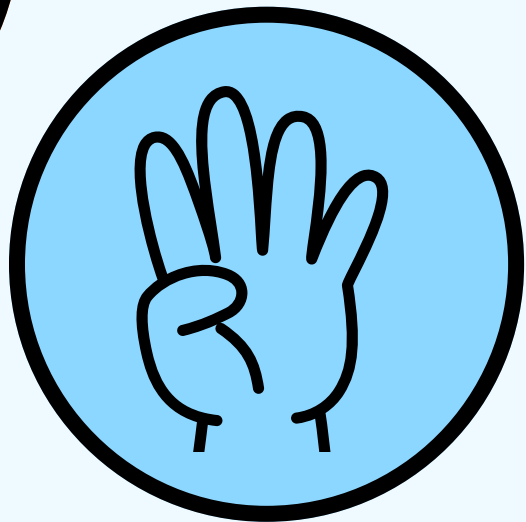
I got told my disability was too complex for them



Grounding Technique



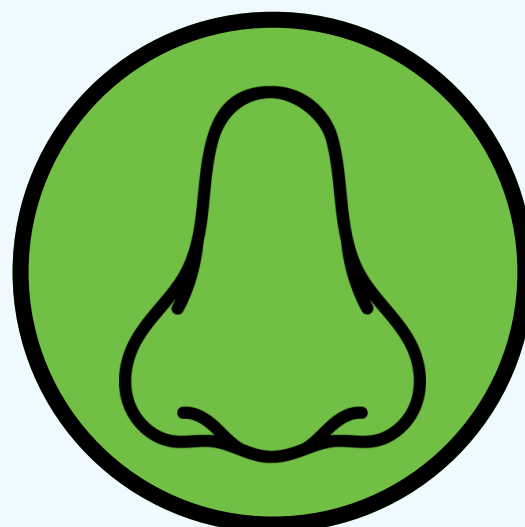
5 things you can see



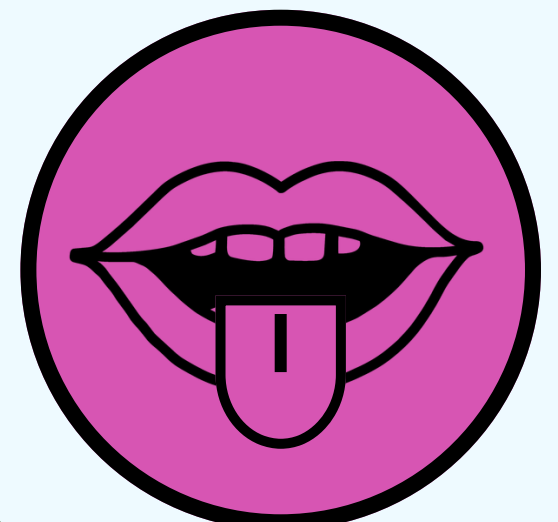
4 things you can feel



3 things you can hear



2 things you can feel



1 thing you can feel



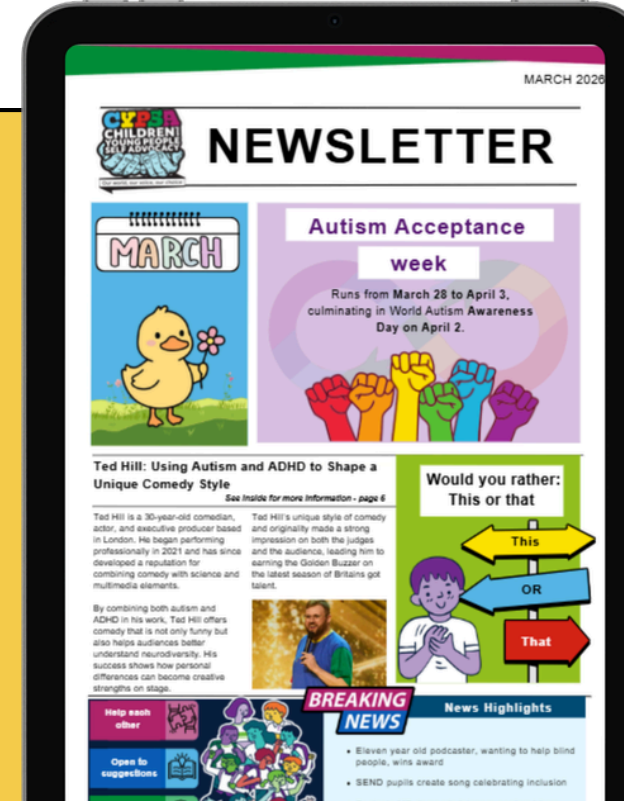
End of Year Newsletter



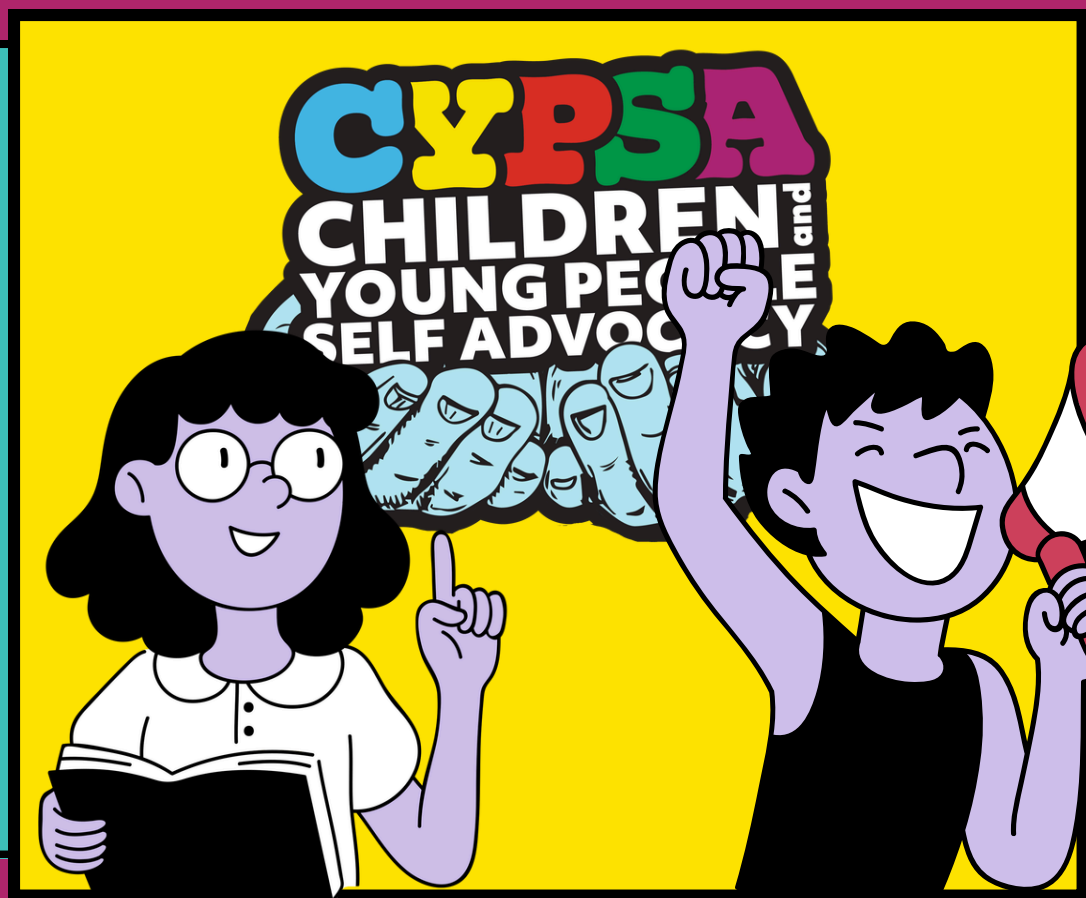
January Newsletter



February Newsletter



February Newsletter



Next Meeting

Thursday, 28th May
17:30-19:00