

# Welcome to a special With Me In Mind Bulletin to mark Children's Mental Health Week



The theme this year is 'Lets Connect' and we will be connecting with our schools, young people and parents/carers through a range of activities this week. Our teams are looking forward to getting out in to our schools to hold workshops giving advice on mental health and wellbeing and we will be using the 'Lets Connect' theme in some activities and games for students.

We want to make sure we reach as many people as possible this week so we'll also be sharing information and activities through our social media.

We can't wait to get connecting with you all!

design a poster including their interpretation of 'connecting with others.'

Our With Me In Mind services in Rotherham and Doncaster turn

## Lets Connect!

We asked some of the students in our schools to

3 years old this February.

*"Rotherham WMIM are going from strength to strength in promoting and*

*maintaining the wellbeing of children and young people in schools. We would like to take this opportunity to thank all those who have been involved and supported the development of our service over the last 3 years"* Michelle Heaversedge,



**Clinical Lead for With Me In Mind Rotherham**

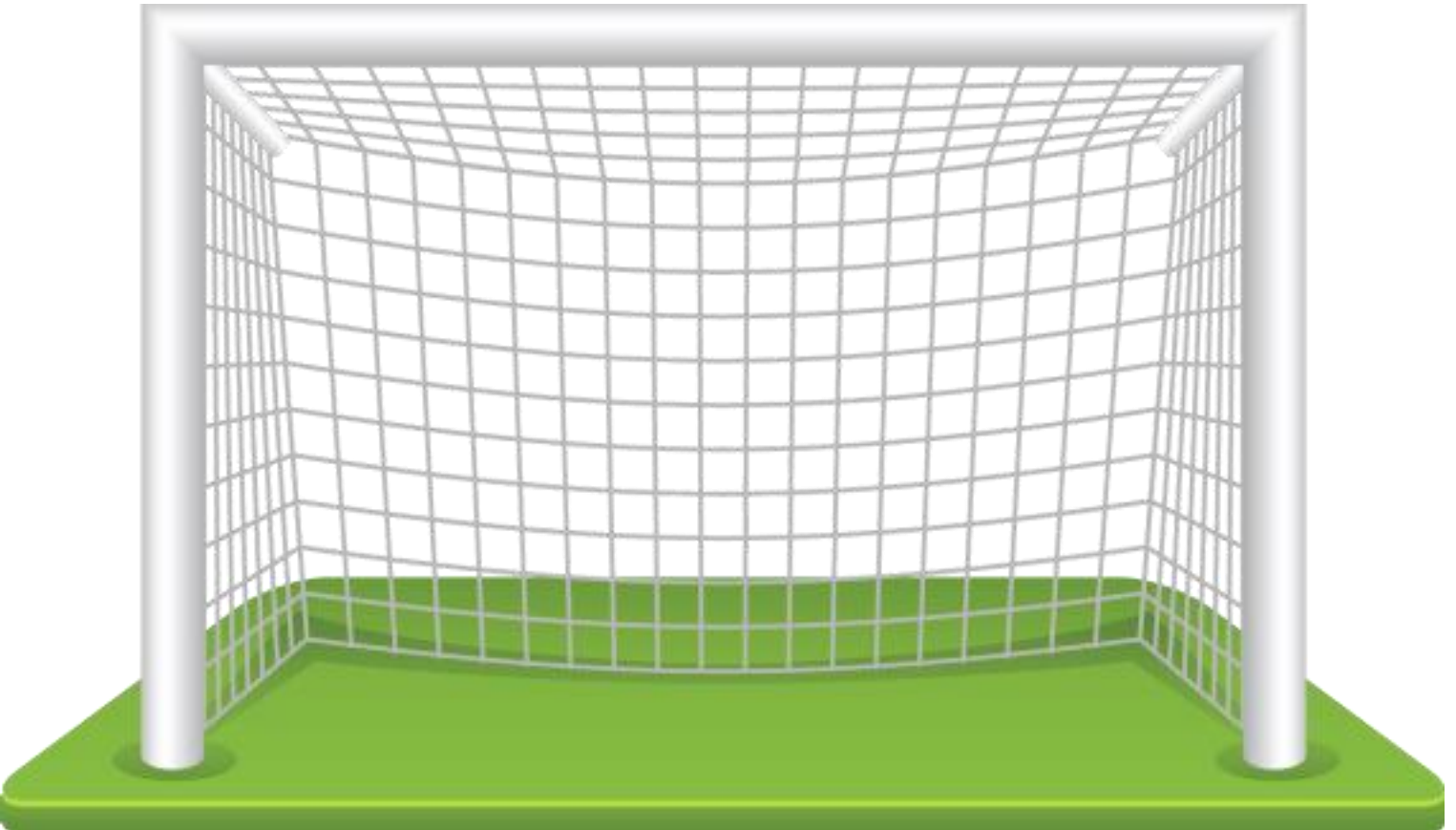
*"With Me in Mind continues to provide support to children and young people and their families/carers in Doncaster. The feedback we receive from children and families is fantastic and we are so excited to be working with our newly recruited young ambassadors. Our long term plan is to be established in all schools across Doncaster to support every child/young person and their family. A very happy 3rd Birthday to With Me in Mind!"* Richard Bryan,

**Clinical Lead for With Me In Mind Doncaster**

Here are some of their designs!



Follow us on Download the e-clinic app and Visit our social media: book an appointment: Website:



## ACHIEVE YOUR GOALS!

**Two of our Ambassadors Lana and Scarlett train and play with a local football team. They wanted to tell us a bit more about it...**

**Lana told us, 'I started playing because my family really like football and my Grandad takes me to football matches. We do warmups and drills at training which helps me to get better. Football also helps clear my head and takes my mind off things.**

**It's good to be part of a team because its like a football family. They are welcoming and I've made some new friends. After I've played a match I feel refreshed and it helps get rid of any sad thoughts for the rest of the day'.**

**Scarlett said, 'I started playing at school then I joined the same training as Lana. Football makes me feel energetic and clears my mind. It gives me something to look forward to every week. I have met some new friends and it feels good to have people who like football as much as I do. I would encourage girls to try it because its really fun'!**

**Lana and Scarlett told us 'It's made us more confident, supportive and positive. Its good for mental health as well as physical health!**

# The theme of Children's Mental Health Week is 'Lets Connect'. Here are some tips and advice on how you can connect with yourself and those around you

Follow With Me In Mind on Social Media.

Download our e-clinic app and book an appointment to speak to a With Me In Mind worker.

Come along to a corridor workshop in school.

Visit our website.

Be a good listener.

Try an after school club or activity in your local area together.

If you can't see each other face to face during the weekend or school holidays then

Talk to your family about your day try a video call.

and ask them about their day too.

Agree some time to spend together, it could be to eat together, watch a film or go for a walk.

Get your things ready for school the night before so you feel more prepared to go each morning. Talk to a teacher you get on with and ask what extra support your school has if you need it.

Start your mornings off in a positive way. Put on your favourite song and say something nice about yourself. Take time to do some of the hobbies and activities you enjoy.

Try out some after school clubs.

Take notice of your feelings... YOU MATTER!