



## Athersley South Primary School

Wakefield Road, Barnsley, S71 3TP

Tel: 01226 284223

[www.athersleysouth-primary.co.uk](http://www.athersleysouth-primary.co.uk)

Headteacher: Mrs E. Sanderson  
Deputy Headteacher: Mr J. Wheelwright



Dear Parents/Carers,



This week is Mental Health Awareness week. In addition to the support tools that we already use within school, this week we are launching 'Wellness Week'

This will take place one week each month and all year groups will have the opportunity to take part on a rota basis.

Year 6 have their SATS this week and with that in mind, we are opening it up to them first.

At lunchtime, children will have the opportunity to take part in various activities linked to children's wellbeing. These activities will include arts and crafts, colouring and other mindfulness activities.

If you are worried about your own or your child's mental health, there are many services within Barnsley that can support both children and adults' mental health. Please find details attached.

Yours Sincerely,

Mrs Grange

### Where can I go for support with Mental Health – Children?

#### Branching Minds

Branching Minds brings together local mental health support teams for children and CAMHS, helping children get the right support at the right time with their mental health.

#### Refer Yourself

You can request support by:

- Calling the team on 01226 107377
- Completing the "request for support" form online at [Southwestyorkshire.nhs.uk/services/camhs-barnsley](http://Southwestyorkshire.nhs.uk/services/camhs-barnsley)

The Branching Minds Team is available Monday To Thursday 9am-5pm and Friday 9am-4pm (excluding bank holidays).

#### School and GP

You can speak with your registered GP or child's school about your child's mental health concerns. They will be able to offer referrals for further support.

## Childline

Children can access the Childline website for information on all areas of their life, including mental health. They offer support through:

**Information and advice**

**Message boards**

**counsellor chats**

**Email support**

**Mood journal**

**Tools to feel better**

<https://www.childline.org.uk> **Call: 0800 1111**

## Where can I go for support with Mental Health – Adults?

### Barnsley Talking Therapies

There are many different ways that we can help you, our aim is to teach you skills and techniques to help you manage everyday ups and downs. We have a wide range of options including one-to-one, face-to-face, telephone, virtual online, apps, therapy and courses.

#### Refer Yourself

You can refer yourself today through the website. It should take around 10- 15 minutes to answer questions online about your current situation. These questions will help the therapists get a picture of your current mental health and they will be able to discuss the best course of treatment for you.

When you have completed your referral, you will then hear from the service within two working days.

Tel: 01226 644900 (Mon- Fri 9.00am – 5.00pm)

[barnsley-talkingtherapies.nhs.uk](https://barnsley-talkingtherapies.nhs.uk)

### Workshops

We offer a range of workshops to help with common day-to-day mental health issues. Workshops are usually 2 hours long these are virtual and held on Microsoft Teams.

#### Examples of workshops include:

- Assertiveness
- Breathing and relaxation
- Improving motivation and mood [barnsley-talkingtherapies.nhs.uk/workshops/](https://barnsley-talkingtherapies.nhs.uk/workshops/)
- Managing unhelpful thinking
- Problem solving and worry
- Sleep wellbeing
- Stress management
- Understanding bereavement

## Text SHOUT

Shout is a text messaging service in the UK for times when people feel they need immediate support.

Just text the word "SHOUT" to 85258

**24/7** – You can text any time of night or day

**Confidential** – Your messages are confidential and anonymous

**Free** – It is free to text from all major mobile networks in the UK

<https://giveusashout.org>

## Samaritans

Whatever you're going through, a Samaritan will face it with you.

Call free, any time, from any phone.

116 123

When you call:

- A volunteer will answer with something like "Samaritans, can I help you?"
  - We listen to you and help you talk through your worries.
- We give you space to be yourself and help you explore how you feel
  - We won't judge you or tell you what to do, we'll listen to you.

<https://www.samaritans.org>

## Umbrella

We have a range of support available. Give us a call to find out how we can help.

- Mental Health and wellbeing support
  - Counselling
  - Group work programme
  - Volunteer opportunities

Tel: 01226 704090 (Mon- Fri 9.00am – 5.00pm)

[humankindcharity.org.uk/service/umbrella](https://humankindcharity.org.uk/service/umbrella)

## SilverCloud

Access therapy online today without completing an assessment. SilverCloud is a website and app that has tools to help with your mental well-being at home.

[barnsley-talkingtherapies.nhs.uk/how-we-can-help-you/silvercloud/](https://barnsley-talkingtherapies.nhs.uk/how-we-can-help-you/silvercloud/)