healthy minds

BRADFORD AND CRAVEN trailblazer NHS

TIPS FOR THIS WEEK FROM THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS

MHST ARE HERE TO SUPPORT AND WORK IN PARTNERSHIP WITH YOUR SCHOOL EASTWOOD

THE TEAM ARE HERE TO HELP WITH EARLY INTERVENTION SUPPORT FOR EMOTIONAL AND MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE

OFFERING SUPPORT TO PARENTS, SCHOOL, CHILDREN AND YOUNG PEOPLE TO RAISE AWARENESS OF COMMON MENTAL HEALTH CONCERNS.

WE RECOGNISE THAT LOOKING AFTER YOURSELF CAN BE CHALLENGING IN THIS CURRENT TIME BUT HAVING THESE TOP TIPS CAN HAVE A MASSIVE IMPACT ON YOUR OWN MENTAL WELLBEING

IMPORTANCE OF STRUCTURE AND ROUTINE FOR THE FAMILY

Children and people thrive on routine and like to know what is happening

For example, keeping to school routine times and structures throughout the COVID-19 pandemic

WHY HAVE A ROUTINE?

Routines can make you feel more organised and in control.

Consistency in routines can help families get through tasks quicker, freeing up time for other things.

Routines can be part of an organised and predictable home environment, which helps children and teenagers feel safe, secure and looked after.

EXTRA SUPPORT

Keighley and Shipley Family Hub

Support for babies, children, young people and their families.
Telephone: 01535 618005
Facebook: @KeighleyandShipleyFamilyHub

Carers' Resource

Support for carers, no matter their age or need.
Telephone: 01274 449660
www.carersresource.org

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