

Welcome to our latest newsletter on Anxiety and Depression



We would like to hear from you.

Ask Normen has many regular visitors every day, and yet we are still seeing an average of 70% of new visitors to the site every month! Please spread the word about Ask Normen so we can keep improving on these figures, and thank you all for your continued support.

We hope you enjoy all of our updates. We would be delighted to hear from you if you have any dates for the diary, news or comments, or important documents that you would like to share.

Contact us at asknormen@nhs.net

Important Information

Launching at the end of March.

Ask Normen's Mental Health Awareness and Emotional Wellbeing Guidance - an easy to use guide for everyone. Keep your eye on the website for the launch.

BECAUSE THERE ISN'T JUST ONE SOLUTION

Every child and young person is an individual with different needs and requirements. If problems are identified early enough, advice and support can help to prevent them becoming more serious.

We aim to ensure that appropriate provision is in place to support emotional development, build emotional resilience and respond to the mental health needs of our children and young people.

ASK NORMEN the Northamptonshire Mental Health Gateway will help you to find further information and support.



NORTHAMPTONSHIRE MENTAL

HEALTH AWARENESS DAY TOOK PLACE ON FRIDAY 12 FEBRUARY 2016

It was a day where schools (including primary schools) joined together to show their support for the Mental Health Stigma Programme. The day provided a great opportunity to raise awareness of mental health stigma to young people in lots of interesting, fun and inclusive ways.

What happened on the day?

Each secondary school was given a hand stamp to use on the day... students were asked to demonstrate their commitment to stamping our mental health stigma by stamping a mental health message on their hand. Literally thousands of hands were stamped on the day!

A set of resources were launched for use in secondary schools, focusing on self-help and peer support. Resources include:

- Poster
- Short film
- PowerPoint for use in assembly
- Information leaflet: for use within school

We launched 1,000 balloons from 31 different schools, colleges and community settings at 12 midday.

Each secondary school student in the county (that's 60,000 young people) was given a chatterbox to encourage them to talk about mental health and



Anxious or depressed - how does that feel?

Some of us may know those feelings for ourselves already. If that is the case then I would guess that we are either searching for a way to deal with it, have found a way to manage or maybe we are at the stage of denial that we feel that way. Maybe we don't even care!

Most of you reading this newsletter will either be working or living with children and young people and may be looking for ways to help them deal with anxiety or depression. If the 'condition' or feelings overwhelm our youngsters so they are unable to function and lead an every day life; going to school, eating, socialising and doing activities, I would be thinking about talking with them and seeking professional help at school or with your GP. As adults working with children and young people we are in a position to listen to them and suggest various ways that help. I would encourage you read the newsletter from May 2014, which is on Ask

wellbeing with their friends - thanks to Nationwide for their sponsorship of this initiative.

We also sold wristbands to mark mental health awareness day and raise funds for Northamptonshire MIND.

For further information about these resources please contact Tessa Parkinson:

Tel: 07799 880611

E-mail: tessa@3activeuk.com

Visit Ask Normen for lots of help and advice on anxiety, stress, depression and much more!

There is also a [great link](#) on our site to the Parent Info website on Understanding and supporting anxiety in your child



Relieve your anxiety by going outdoors with the children. Fresh air, walking and having fun can greatly reduce anxiety and depression. Why not organise an easter egg hunt! Netmums have some fantastic ideas

Normen and you will find many different ways to help.

In my work with children looked after by the Local Authority I see anxiety displayed in many different ways, often in behaviour that can be challenging in schools and may lead to exclusion from school for that young person, which compounds the feelings of anxiety and worthlessness in the child. In my own life I have experienced feelings of anxiety and physical manifestations of that anxiety, which is quite frightening – I wonder how much worse that might be for a child who has little control over their life, or feels totally useless and worthless for whatever reason. We are the adults who can offer a lifeline.

I would like to recommend one strategy only, amongst many, but one that has worked for me personally in managing anxiety. This is the strategy of deep breathing. By teaching ourselves and practising deep breathing we can slow down our system and bring 'life' to our whole being. The science of this process is that oxygen can be carried to all parts of the body and the brain can be calmed. If our body begins to calm down with slower breathing then the feelings of anxiety dissipate. We can do this wherever we are, in school, at home, in the car, in the loo or before we are about to go into a stressful situation.

There have been links on this website to a webinar on exam stress by the NHFT who also deliver webinars on

for having fun. [Take a look here](#)



Just like adults, children and young people feel worried and anxious at times. But if your child's anxiety is starting to affect their wellbeing, they may need some help to overcome it.

What makes children anxious?

Children tend to feel anxious about different things at different ages. Many of these worries are a normal part of growing up.

From about eight months to three years, for example, it's very common for young children to have something called separation anxiety. They may become clingy and cry when separated from their parents or carers. This is a normal stage in children's development and tends to ease off at around age two to three.

For more information on anxiety in children go to [NHS Choices](#)

generalised anxiety for adults. Even this week on Friday 11th March Dr Mike Scanlon is on Radio Northampton talking about anxiety and depression. (Hopefully we can obtain a link for this programme.) I have previously mentioned www.relaxkids.com and www.stressfreekids.com where you can find many imaginative breathing exercises for children.

<https://www.youtube.com/watch?v=pJu6jUeHjY8>

Link to breathing exercise

https://www.youtube.com/watch?v=qL_M1goU2PA Yoga 4 Kids

www.heartmath.com is an organisation I have only recently come across, but this clip provides a useful exercise for adults.

<https://www.youtube.com/watch?v=VcjPsEiohoA>

So, I wish you all the best in your work with children. Without breath we don't live. Life is healthier and can be enhanced by deep breathing. Something as simple as singing can achieve this, which has other helpful side effects on our mental health. If you wish to attend a course on Relaxation for Children, they are regularly organised and advertised as part of the Targeted Mental Health in Schools Programme (TaMHS) on Ask Normen.

John Fardon, Educational Inclusion Officer – Mental Health, Northamptonshire Educational Psychology Services. March 2016



DEPRESSION

If you're suffering from depression, you're not alone – nearly 80,000 children and young people suffer from severe depression. One in five people become depressed at some point in their lives.

Depression Help from [Young Minds](#)

The Royal College of Psychiatrists has a Mental Health and Growing Up Factsheet on their website

This is one in a series of leaflets for parents, teachers and young people entitled *Mental Health and Growing Up*. looks at how to recognise depression, and what you can do to help yourself or someone else.

[Sarah, 15, talks about her depression](#)

**Worries and Troubles? Ask
Normen can help.**

Moods? Take a look.

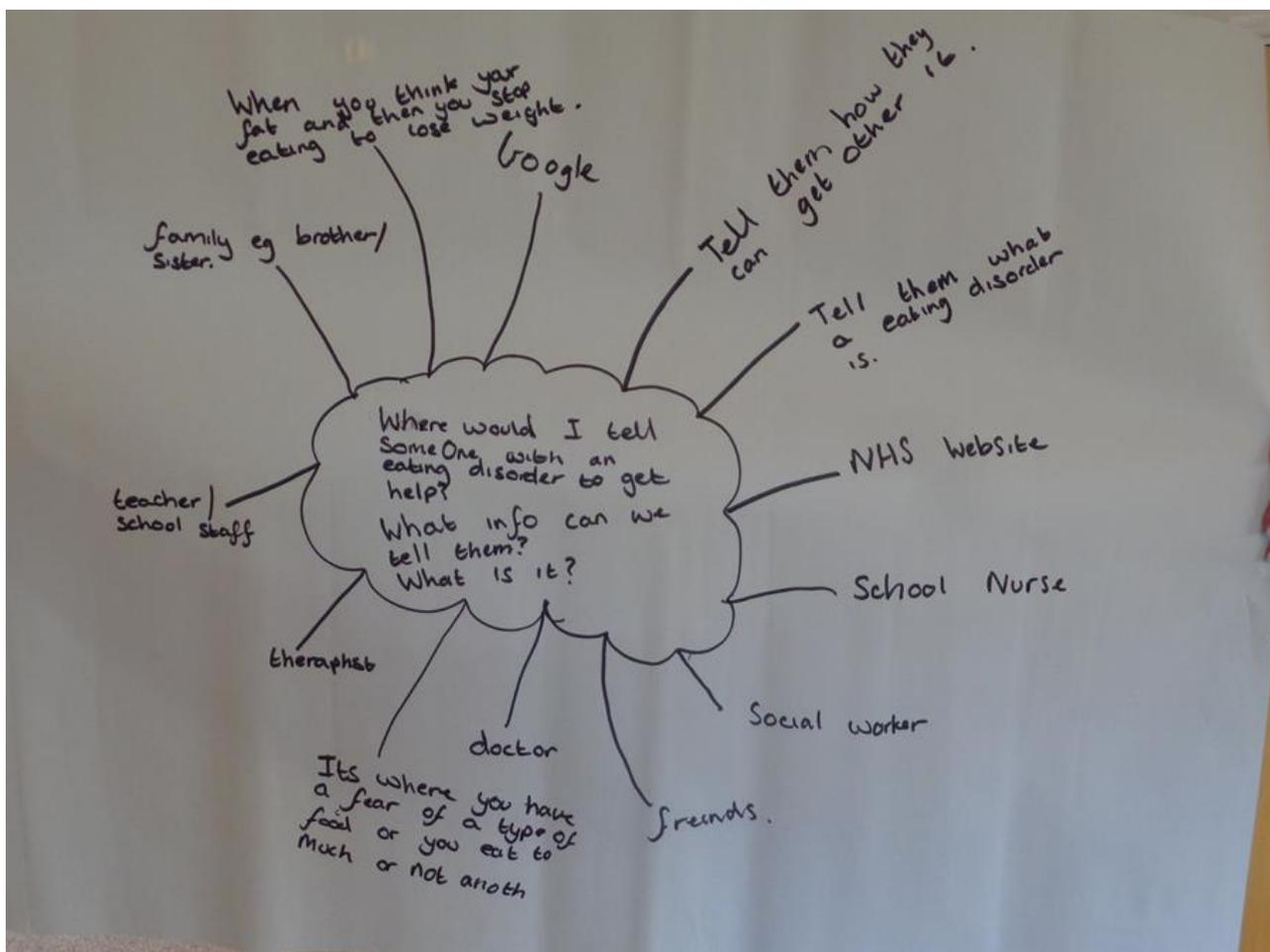


When you're depressed consider the following:

- **Turn to friends and family members who make you feel loved and cared for.** Spend time talking and listening face-to-face with trusted people and share what you're going through. The people you talk to don't have to be able to fix you; they just need to be good listeners. Ask for the help and support you need. You may have retreated from your most treasured relationships, but emotional connection can get you through this tough time.
- **Try to keep up with social activities even if you don't feel like it.** Often when you're depressed, it feels more comfortable to retreat into your shell, but being around other people will make you feel less depressed.
- **Join a support group for depression.** Being with others dealing with depression can go a long way in reducing your sense of isolation. You can also encourage each other, give and receive advice on how to cope, and share your experiences.
- **Evidence suggests that physical activity triggers new cell growth in the brain,** increases mood-enhancing neurotransmitters and endorphins, reduces stress, and relieves muscle tension—all things that can have a positive effect on depression.

- Put on some music and dance around
- Take your dog for a walk
- Use the stairs rather than a lift
- Park your car in the farthest spot in the car park
- Pair up with an exercise partner

healthwatch Northamptonshire





The Eating Disorder survey designed by Young Healthwatch is getting a fabulous response. The Young Healthwatch goal was to get at least 300 surveys completed by young people aged 11 -24 living in Northamptonshire.

1052 surveys have so far been completed, which is fantastic. If you are a young person (or know a young person) and would also like to take part the survey can be found at: <https://www.quicksurveys.com/s/Xx67So>

NorPIP

Bike Ride 2016

& FAMILY FUN DAY!

FRIDAY 25 MARCH 3-7 PM

www.norpipbikeride.wix.com/2016

SILVERSTONE



International Grand Prix Circuit

Adults from £15 Children from £7 Spectators FREE

NorPIP provides family therapy for parents and their babies with mental health issues: www.norpip.org.uk



[@Norpipbikeride](https://twitter.com/Norpipbikeride)
[f Norpip Bike Ride 2016](https://facebook.com/NorpipBikeRide2016)
[norpipbikeride](https://instagram.com/norpipbikeride)
 Registered Charity Number: 1144189

Young Carers and Health

“Making it Real for Young Carers” – advance notice

Date: Thursday 31 March 2016

Times: Registration 9:30 am for 10:00am – 3:45pm close

Location: Coin Street Neighbourhood Centre

**108 Stamford Street
South Bank
London SE1 9NH**

Aim of the event: A major free networking event has been organised in association with NHS England, the Children's Society and Carers Trust and their "Making a Step Change" programme. This will look in depth at the developing Young Carers and Health agenda.

Most of the speakers on the day will be people from health organisations or young carers working with them. This will include presentations from NHS England together with several NHS Trusts and CCGs on local innovation.

The day will be an interactive event looking at whole family approaches; understanding requirements arising from NHS Policy and legislative change requiring improved support for young carers.

Readers of this will hopefully already know about the Memorandum of Understanding for young carers that encourages a joined up approach between adult and children's social care. However, a new, broader carers Memorandum of Understanding is being developed by NHS England. This is designed to promote a whole system approach in supporting carers (including young carers) through local agreements between the NHS, Social Care and others. This is a really exciting opportunity to promote partnerships and whole system working that will benefit young carers.

There will be opportunities to discuss how this new Carers Memorandum of Understanding can be used in practice. If there really are to be no wrong doors for young carers, we all need to support health colleagues to ensure that shared and NHS Care Pathways promote the recognition and support of young carers. This is crucial given all the work happening around the country on integration and joint assessment processes.

Please book me a place for Thursday 31 March 2016

Note 2 or 3 (max) places are available per local authority area. Priority will be given to applications including participation from health rather than simply first come first served. Single applications from representatives on NHS organisations are also welcome.

Email: Training@actionforcarers.org.uk

For all referrals there is one integrated referral form. This is available from www.nhft.nhs.uk/cyprmc alongside guidance on how to fill out the form.

The RMC can be contacted as follows for information and advice:

Tel: 0300 1111 022 Opening Hours Monday – Friday 9am to 5pm

CHILDLINE

- Freephone **0800 1111** (24 hours)
- www.childline.org.uk | [online chat](#) | [message boards](#)

Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

GET CONNECTED

- Freephone **0808 808 4994** (7 days a week 1pm-11pm)
- www.getconnected.org.uk

Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.

HEADMEDS

- www.headmeds.org.uk

Straight talk on mental health medication. Look up your medication to find out about side effects and things you might not feel comfortable asking your GP about, and listen to other people's experiences.

SAMARITANS

- Tel: **08457 90 90 90** (24 hrs 7 days a week)
- www.samaritans.org

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

FRANK

- **Freephone 0800 77 66 00** (24 hour service, free if call from a landline)

and won't show up on the phone bill, provides translation for non-English speakers)

- www.talktofrank.com

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

STONEWALL

- [What's in my area?](#)

Use Stonewall's area database to find local lesbian, gay, and bisexual community groups, other generic services, and gay friendly solicitors.

B-EAT YOUTH HELPLINE

- **0845 634 7650** (Monday to Friday evenings from 4.30pm to 8.30pm and Saturdays 1.00pm - 4.30pm)
- Email fyp@b-eat.co.uk
- [Online community](#)

Information, help and support for anyone affected by eating disorders.

THESITE.ORG

[TheSite.org](#) is an online guide to life for 16 to 25 year-olds. It provides non-judgemental support and information on everything from sex and exam stress to debt and drugs.

YOUTH ACCESS

- Visit www.youthaccess.org.uk to search their directory of services for help in your area.
- Signposting service: **0208 772 9900** (Mon – Fri from 9am-1pm & 2-5pm)

A national membership organisation for youth information, advice and counselling agencies. Provides information on youth agencies to children aged 11-25 and their carers but does not provide direct advice.

CHILDREN'S LEGAL CENTRE

- Child Law Advice Line **08088 020 008** (freephone)
- www.lawstuff.org.uk

The Children's Legal Centre is a charity that promotes children's rights and gives legal advice and representation to children and young people.

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