

Who Are We?

The Healthy Heads Team is a Mental Health Support Team based in Schools across Sunderland. We offer early intervention to help children, young people and their families who have mild to moderate mental health difficulties.

HEALTHY HEADS UPDATE

The Healthy Heads team would like to say a big well done to everyone who completed their SATs and GCSEs. You've shown amazing resilience in overcoming the stress that can come with sitting exams!

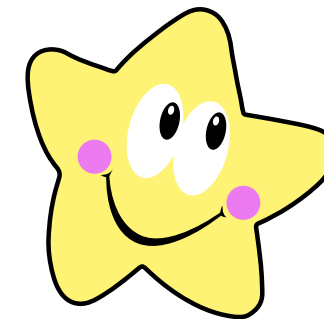
As the academic year wraps up, we would like to wish all families a fantastic summer. Take time to relax and enjoy!

To all of the soon to be new year 7s, look out for Healthy Heads in your new secondary schools and remember we're here to support you if needed.

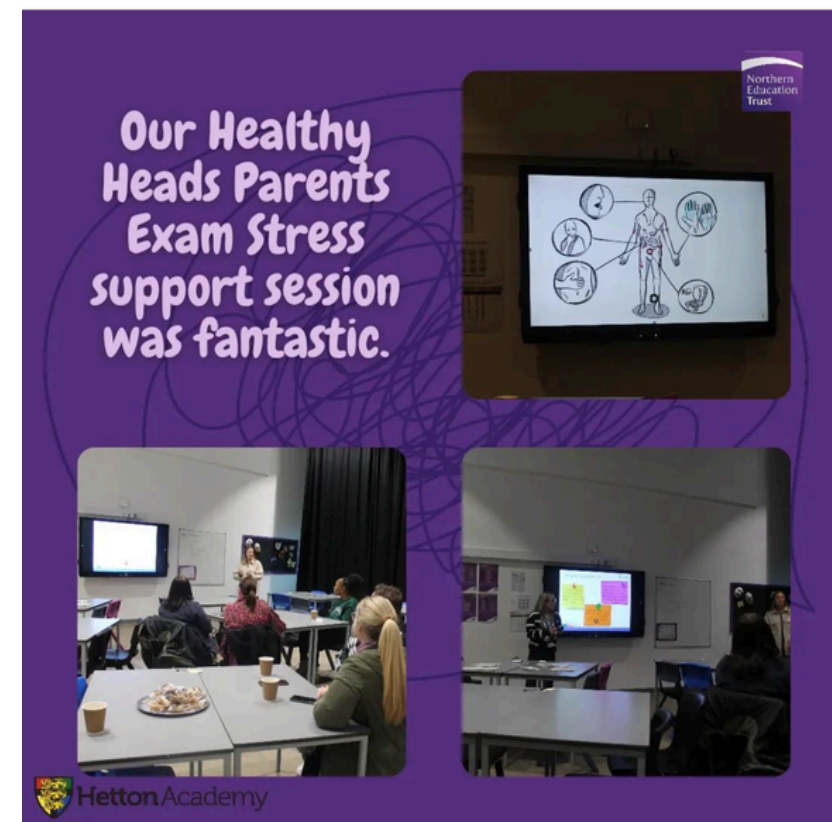


We're thrilled to share the success of the peer support programme in South Hylton Primary Academy. Students have been amazing at supporting each other, building a caring community in the school.

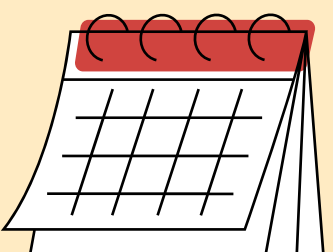
hetton_academy



Parents at Hetton Academy have given great on the Exam Stress support session



DATES FOR YOUR DIARY



10TH-16TH JUNE: CARERS WEEK

9TH & 29TH JUNE - SUNDERLAND PRIDE

10TH-16TH JUNE: LONELINESS AWARENESS WEEK

26TH - 30TH JUNE - WORLD WELLBEING WEEK

24TH JULY - SAMARITANS AWARENESS DAY/ THE BIG LISTEN

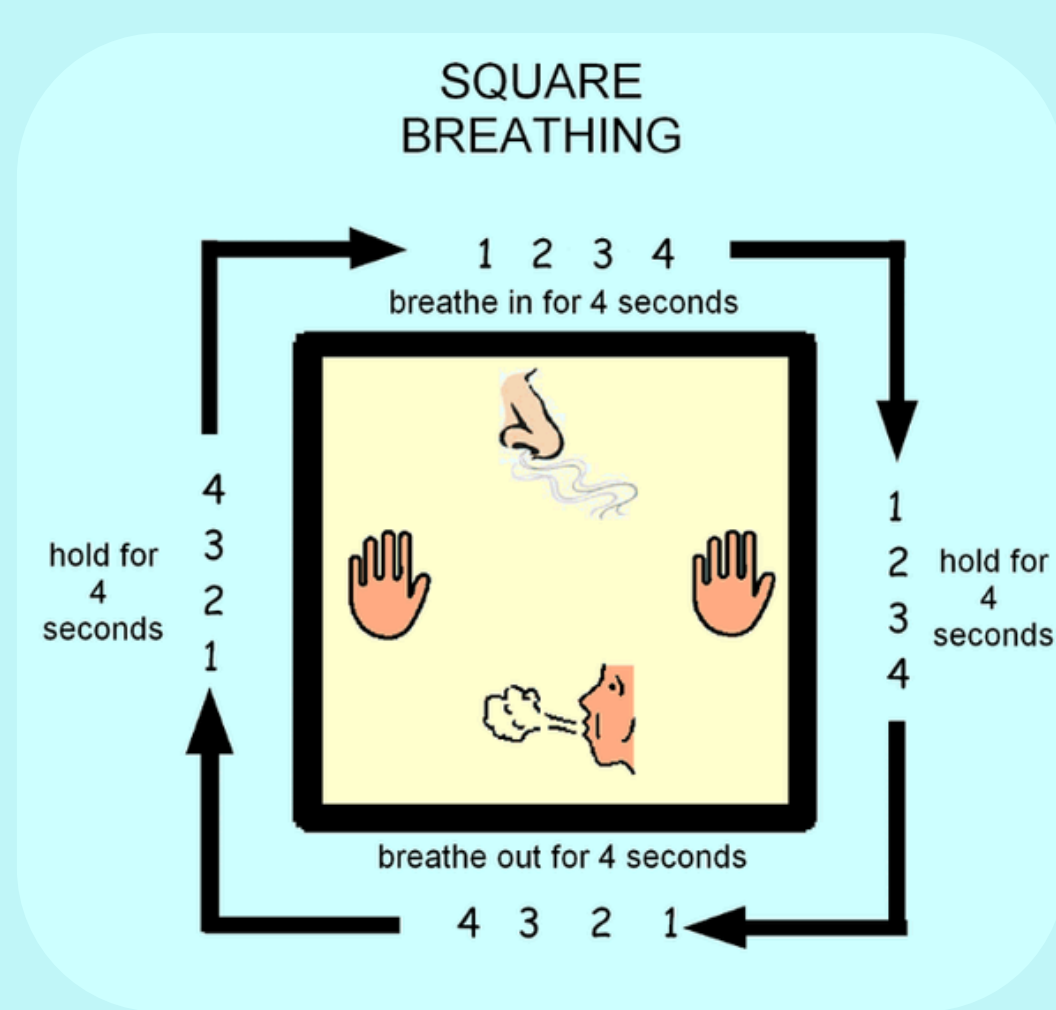
Loneliness Awareness Week raises awareness of loneliness and empowers everyone to make connections across the UK and worldwide. It can be as simple as a chat in a queue, smiling at a neighbour, reaching out to a friend, or signing up to a new activity.

Moving on up...

Moving up to the next school year or joining a new school can be both exciting and a bit nerve-wracking. Here are some top tips to help you make a smoother transition



- Practise your route to school
- Make sure your uniform and equipment is good to go!
- Have a look at your new school website to familiarise yourself
- Use grounding techniques to help manage anxious feelings
- Focus on the positives of new experiences and remember that it's okay to feel nervous



5-4-3-2-1
GROUNDING TECHNIQUE
FOR ANXIETY & STRESS

See

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN HEAR
- 3 THINGS YOU CAN FEEL
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

Service Feedback



IT HELPS QUITE A BIT WITH YOUR MENTAL HEALTH AND THEY SUPPORT YOU ON WHAT YOU DO

MY SON HAS REALLY ENJOYED HIS GROUP, IT HAS REALLY INCREASED HIS CONFIDENCE. HE HAS BEEN ABLE TO TALK TO US ABOUT HIS FEELINGS AND ITS BEEN GREAT FOR HIM TO KNOW HE IS NOT ALONE.

FELT LIKE I HAD SOMEONE TO TALK TO AND HELP ME MANAGE WITH MY OVERTHINKING/WORRIES.

BEING ABLE TO TALK OPENLY ABOUT MY OWN EXPERIENCES AND NOT FEELING JUDGED. ALSO NOT FEELING ALONE IN YOUR EXPERIENCES, FEELING LESS ISOLATE.

THAT IT REALLY HELPED ME OVERCOME MANY THINGS AND HAS HELPED SO MUCH TO SPEAK OUT

Thank you!

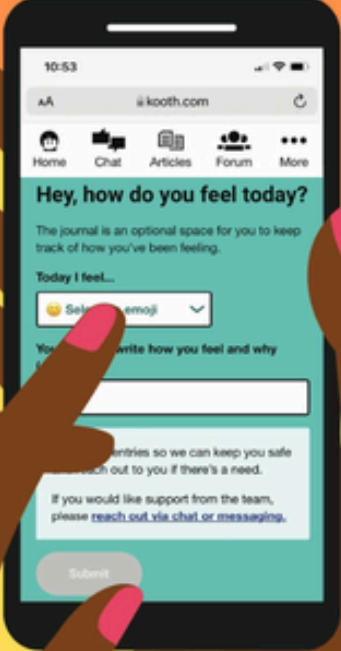


Further Support...




10YEARS + **kooth**

Free, safe and anonymous mental health support whenever you need it.



- Chat with our team of friendly practitioners
- Helpful articles
- Self-help tools and activities
- Support from the Kooth community

Visit **kooth.com** to find out more



If you need to talk ...
...we're here to listen

 **0808 800 2222**

 **askus@familylives.org.uk**

 **www.familylives.org.uk**



YOUNGMINDS

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A registered charity

SAMARITANS

Here if you need us

Talk to us, we'll listen

Call free day or night on
116 123

 **luminova.app**  



LUMI NOVA
TALES OF COURAGE

For 7-12 year olds
 An intergalactic adventure game to fight fears & manage worries

Playing Lumi Nova helps children face their fears, build confidence & resilience



Teen Sleep Hub

Problem Sleeping?

Call our National Sleep Helpline, open 7pm-9pm Monday, Tuesday and Thursday evenings and 9am-11am Monday and Wednesday mornings.

03303 530 541

