

MHST - Mental Health Support Team in SEN Schools Hertfordshire and West Essex

Hosted by PALMS



15th – 19th of November



Anti-Bullying Week

Theme for this year = One Kind Word

“Just Talk” Week

“Just talk” encourages young people to talk about how they feel.

Odd Socks Day
Monday 15th of November

To celebrate our differences and to show support for Anti-Bullying week, all you need to do is to wear some odd socks!



What can we tell our students to do to support others?

- **Ask if someone is okay.**
- **Say sorry** if you feel your actions have upset someone.
- Just **saying “hey”** to someone can have a big impact on their day
- **One kind word to someone** may mean the world to them and can change their day. Kindness fuels kindness – one kind word leads to another.
- **Talking shows strength**, not weakness.

What can we do to support a child who we think is being bullied?

Education –

Support young people to understand the effects of bullying on others. Show videos or documentaries on the outcomes of bullying on the young people and their families.

Create a safe and supportive environment –

Encourage children to open-up about incidents and ensure that they feel their voices will be heard and listened to.

Support -

Gather the facts and what may have led to the situation. Support all to understand why the situation occurred and offer them guidance and alternatives so they can prevent it from happening again. Follow up with all students and guide them toward healthy coping strategies.

Live Calendar Events

Just Talk Week

Live webinars will be held every day on their website throughout the week to support young people, staff and parent and carers with mental health challenges.

Topics covered in the webinars include coping with stress and anxiety, how to start a conversation with a young person about mental health and looking after your own wellbeing.

There are also live mindfulness sessions every day of “Just Talk” week.

[Just Talk Week 2021](https://www.justtalkherts.org)
([justtalkherts.org](https://www.justtalkherts.org))

For more information about Anti-Bullying Week and “Just Talk”

- [Anti-Bullying Week 2021: One Kind Word \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk)– More information about the anti-bullying campaign with free teaching resources and helpful documents such as “50 ideas for Anti-Bullying Week”.
- [Bullying at school | Bullying UK](#)– Information regarding how to support young people that are currently being bullied at school. Includes information on anti-bullying policies and advice.
- [Just Talk Week 2021 \(justtalkherts.org\)](https://justtalkherts.org) - Information and webinars to support teachers and parents to encourage young people to talk about their feelings.
- [What To Do If Your Child Is Being Bullied | YoungMinds](#) – Support for parents around how they can support their young person if bullying is happening, including signs to look out for and how to work productively with schools.
- [Free CPD online training \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk) – The Anti-Bullying Alliance offers a free CPD for staff which looks at how they can better support their students when bullying is happening, along with advice on how to prevent and respond to bullying.
- [NHS Mental health Helplines and Live Chat](#) – If you are seeking some additional support with a young person’s mental health, this page provides contact details for SPA (Single point of Access) who can be contacted to discuss your concerns.

The MHST in SEN Schools



Would you like to help us develop our service?

To keep our service relevant and useful we would like to design and develop our service with the help of our parent/ carers, children, and school staff. This is called ‘co-production’.

Co-production could be:

- Short email responses to questions
- Online surveys
- Telephone conversations
- Face to face meetings (Covid-19 restrictions allowing)
- Online or face to face Focus groups (Covid-19 restrictions allowing)



We will email each time to ask if you or your child would be able to participate. You can opt in or out on each occasion, and can request to come off our contact list at any time.

If you or your child would be willing to help us, please let your clinician know or email us at hct.mhst@nhs.net.

We will store your details securely, and only for the purpose of contacting you about design and evaluation opportunities.

