



Monthly Newsletter February 2023



Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference. Email: roccg.swallownestcarecoordinators@nhs.net



<https://timetotalkday.co.uk/start-talking/>



Eating Disorder Awareness Week

27 February–5 March 2023

<https://www.beateatingdisorders.org.uk/>



<https://www.syeda.org.uk/referrals> Anyone over 16 can Self refer to this service.

Talking Tips

Time to Talk Day is about us all being open to the idea of talking – we all have mental health, and by having conversations about it we can help ourselves and others. It's not about encouraging people to talk about a mental health problem if they don't want to. If someone does open up about their mental health, we know it might not always feel easy to know what to say. But it doesn't have to be awkward, and being there for someone can make a big difference. There is no right way to talk about mental health; however, these tips can help make sure you're approaching it in a helpful way.

1. Ask questions and listen

Asking questions can give the person space to express how they're feeling and what they're going through, and it will help you to understand their experience better. Try to ask questions that are open and not leading or judgmental, like "how does that affect you?" or "what does it feel like?"

2. Think about the time and place

Sometimes it's easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you're walking, cooking or stuck in traffic. However, don't let the search for the perfect place put you off!

3. Don't try and fix it

It can be hard to see someone you care about having a difficult time but try to resist the urge to offer quick fixes to what they're going through. Learning to manage or recover from a mental health problem can be a long journey, and they've likely already considered lots of different tools and strategies. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.

4. Treat them the same

When someone has a mental health problem, they're still the same person as they were before. And that means when a friend or loved one opens up about mental health, they don't want to be treated any

differently. If you want to support them, keep it simple. Do the things you'd normally do.

5. Be patient

No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok – the fact that you've tried to talk to them about it may make it easier for them to open up another time.



www.rotherhive.co.uk

rotherhive is a great place to find help for a variety of mental health issues



<https://www.be-the-one.co.uk/>

Suicide Prevention

IAPT – Improving access to Psychological therapies

<https://iapt.rdash.nhs.uk/>

0300 021 5108

Rotherham's 24/7 crisis helpline

supporting those who need urgent mental health help. Calls are FREE to this number: 0800 652 9571

Hard of hearing? Deaf? For anyone unable to use the standard telephone line, i.e. hard of hearing, there is a text phone service available.

Please text 07974 603610

The poster has a blue background. At the top left is the 'Mind' logo, which is a stylized 'M' inside a circle, followed by the text 'Mind Rotherham and Barnsley'. At the top right is an illustration of a white coffee cup on a saucer. The main title is 'Supporting Someone with Suicidal Thoughts' in large, white, bold letters. Below the title is a paragraph of text: 'We might be the one having the conversation with the person, but the responsibility is not all ours. Remember you are not doing this alone and neither is the person you're talking to. Help is available.' Below this is a list of ten bullet points, each starting with a white square icon: 'Encourage them to talk about their feelings', 'Give them time', 'Take them seriously', 'Try not to judge', 'Encourage them to seek treatment and support', 'Offer emotional support', 'Offer practical help', 'Help them think of ideas for self-help', 'Help them to make a support plan', and 'Don't skirt around the topic'. The background features faint, white, abstract circular patterns.

<https://www.rbmind.co.uk/>

The infographic has a blue background. At the top, the number '10' is written in a very large, white, sans-serif font, followed by the text 'MENTAL HEALTH TIPS FOR PARENTS' in white, bold, sans-serif capital letters. Below this, there are ten tips arranged around a central illustration of a family (a mother, a father, and two children). Each tip is connected to the central family by a white line. The tips are: 1. 'Listen to what your child has to say. Be patient and understanding with them' (with a speech bubble icon). 2. 'Encourage communication and talking openly. Support your child in talking about their feelings' (with a person talking icon). 3. 'Support your child in problem solving when they experience worries. Help them to find solutions' (with a person thinking icon). 4. 'Engage in some coping skills with your child (i.e. relaxation or deep breathing)' (with a brain icon). 5. 'Encourage your child to interact with friends and family and to connect with others' (with a person with friends icon). 6. 'Regularly praise, support and encourage your child. Show them love and affection' (with a person being hugged icon). 7. 'Help your child to challenge unhelpful thoughts and to think rationally' (with a person thinking icon). 8. 'Make sure your child is looking after their physical wellbeing (Sleep, food, exercise)' (with a person running icon). 9. 'Don't struggle in silence. If you need extra help go to your doctor or a mental health charity' (with a person at a desk icon). 10. 'Make sure your child knows that you will be there for them' (with a person being held icon). At the bottom right, there is a Twitter logo followed by the handle '@BELIEVEPHQ'.