



Here at Berrywood along with all educational settings we are all aware of the importance of supporting children and families where poor mental health is becoming a barrier to health and wellbeing. In accordance with this and in promoting help and support to all members of our community we would like to share with you ways we call **all** find help and support.

The theme of Mental Health Awareness week is **Anxiety**. The latest Hampshire and Isle of Wight Health and Wellbeing School Surveys found that around a third of primary pupils, and half of secondary pupils, said they 'worry a lot' all or most of the time. Stress and anxiety might be more intense at the moment due to the pressures of the tests and exams that students at both primary and secondary school undertake at this time of year. Below are some ideas and websites that can help families and students to cope with and manage anxiety.



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This is a local community campaign to empower Hampshire children, young people and families to support their wellbeing by looking at their environment and routines and making small changes based on the 5 ways to wellbeing. There are videos, leaflets and various resources that can help to support and sign post families to places that can offer support.

Here are some other organisations that can help children, young people and their families in supporting mental health.



[ChatHealth](#) – this is a free messaging service for parents, carers, young people and children aged between 5-19 to text a School Nurse in Hampshire



[SHOUT](#) provides free 24/7 mental health support by text. Text HANTS to 85258



[Self Help Support Hub](#) provides information and peer support for parents/carers supporting a child or young person who self-harms.



[Kooth](#) anonymous online, counselling and emotional wellbeing support service for 11-25 year olds in Hampshire with no referral needed.

There is also more local and national support available at [Mental Wellbeing Hampshire](#)