

March 2023

Keeping Connected

Keeping **connected and making meaningful connections** is important for our wellbeing. Healthy connections with **family, friends and others** can **support our mental health and wellbeing**. At times when **our social connections are not met**, we may start to feel lonely and isolated – which can, in turn, have an **adverse effect** on our mental health.

There are many ways to **increase meaningful connections** for young people. Adults can encourage them to; **join a club, go out with friends, speak with a family member, try a youth club, say yes to an invitation, speak to a trusted adult at school.**

Search 'Ealing Council Children and Family Activity Guide' for great local ideas.

Self-Care Ideas

Young people need to look after themselves as well as their connections to others. Some things to suggest could be: painting, sewing, baking/cooking, bubble baths, podcasts, reading, quality time with family, connecting with friends, meditation, exercise, planning your following day, journalling, music.

Helpful Apps



headspace



Want support now?

The Mix - www.themix.org.uk: Free information and support for under 25s in the UK.
Call: 0808 8080 4994 or **chat** to a trained supporter online (4pm-11pm, every day)
Samaritans - www.samaritans.org: A 24-hour service offering confidential emotional support to anyone who is in crisis. Call: 116 123 (24 hours a day, every day) or **Email**:
jo@samaritans.org
Young Minds - www.youngminds.org.uk: Information for young people about emotions and mental health. Text: 85258 (24 hours a day, every day)



What's on offer?

27th March - Friendship workshop

9th May– Awareness of Autism & Learning Difficulties

16th May – Helping your Child with Anxiety
(primary school parents)

13th June – Transition to Secondary School
(primary school parents)

11th July – Low mood (high school parents)

8th August– Behaviours that Challenge (for parents/carers)

Want to know more? Please email:

Ealing.mhst@nhs.net

Or contact your school.



Helpful Tips

You can promote developing **hobbies** and finding others who are into similar things. This is a great way to **make new friends and keep in touch** with old ones.

Encourage young people to reflect on their **values**. That might be **kindness, community, adventure or the environment**. These can be things which connect you to others as well.

Highlight the importance of **healthy relationships** and the **qualities which define a positive one**. Check out our upcoming friendship workshop.