

Children's Mental
Health Support Team
Cornwall (MHST)

Say
hello
to...

BLIP



Information for children
and young people

NHS
Cornwall Partnership
NHS Foundation Trust

IN PARTNERSHIP WITH

HEADSTART
KERNOW

 **CORNWALL
COUNCIL**
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Who are we?

If you're at a primary school that a member of our team is working with, we can help you look after your mental health and emotional wellbeing. We can also help the important adults in your life - like your parents or carers, teachers and support staff - to learn how they can be better at supporting you.

We are trained to work with you and your 'important adults' to understand more about your mental health and look after your emotional wellbeing.

We have a toolkit of resources that we can use to help you to explore any worries you might have that are making life difficult for you, and find useful strategies to help you feel better.

Who is Blip?



How can we help you?

First, we will have a meeting with you and your parent/carer, so you can talk to us about anything that might be worrying you or anything that you're finding difficult.

After that, we can work out the best plan to help you. We might decide that somebody from our team is the right person to work with you, or we might ask somebody from another service - like a doctor or a counsellor - to help you, if that's what's best for you.

If we think that we are the best people to help you, we will invite you (or your parent/carer) to spend between 6 and 8 sessions working with us.

If we think another professional or service can help and support you better than we can, we'll put you in touch with them.

What kind of difficulties can we help you with?

We may be able to help you with:

- Managing anxieties, fears, and worries
 - Feelings of panic and uncertainty
 - Low mood
 - Difficulties you might have in managing your emotions
 - Finding strategies to change some behaviours
 - Trouble sleeping
 - Problem solving
-

Blip's black cloud

One morning, Blip woke up feeling not quite right. Usually, Blip woke up feeling happy and bright and jumped out of bed... but not today.



Blip wasn't really sure why. They couldn't put their finger on what they were feeling, but Blip knew it didn't feel very nice.



A couple of weeks later, Blip still wasn't feeling quite right. Things that they usually enjoyed, like being with friends, playing games and doing activities, weren't fun anymore.

Blip felt like a big black cloud was following them around and making everything gloomy.



Blip had been trying to ignore the big black cloud, by pretending that everything was ok. Smiling and putting on a brave face and keeping their worries and bad feelings inside.

But the cloud kept getting bigger and bigger.

It got so big that Blip began to think it might never go away.



Blip's teacher, Miss Toot, had noticed that Blip had become quieter and didn't seem to be enjoying school or being with friends or doing any of their favourite things anymore...

"Are you
OK Blip?"

asked Miss Toot.



Blip told Miss Toot about feeling worried and not quite right, and about being followed around by a big black cloud... which actually felt more like a thunderstorm now.



Miss Toot was very kind and understanding. She said that we can all feel under the weather sometimes, but if it lasts for more than a few days we might need a little bit of help to feel better. Miss Toot thought that it would be a good idea for Blip to meet someone from the Mental Health Support Team, to talk things through. Blip agreed.

Soon, Blip met up with Max, a practitioner from the Mental Health Support Team. Max helped Blip to understand what they were feeling and why.



Max helped Blip to talk about their worries and find ways to stop them getting too big to cope with (these are called strategies).

By doing this, Max helped Blip to build something called resilience – which means the ability to help yourself feel better after you’ve had a difficult or worrying time. If Blip felt not right quite right in future, the strategies that they had worked on with Max would help Blip cope and make sure the black cloud didn’t hang around too long or turn into a thunderstorm again.

Max explained to Blip that sharing their feelings and worries with someone else can make them easier to cope with. Max said that feelings of worry, fear and panic can be called ‘anxiety’.

It’s normal to feel anxious if you’re in a scary situation, but it can become a problem if you feel worried all the time and that stops you enjoying your life.



So, if you find yourself feeling:

- down, very sad or numb for a long period of time
- low without any obvious reason
- tearful, stressed, hopeless, lonely, angry or empty
- bad about yourself, others or the world
- find it hard to look after yourself or concentrate at school

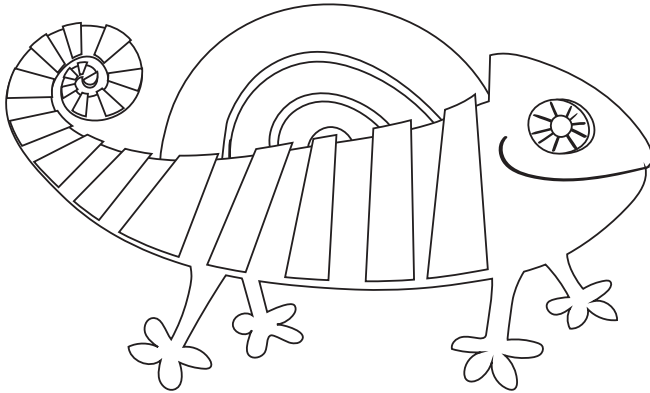
The good news is that we may have the tools to support you and help you feel better, just like Blip.

How's Blip feeling?

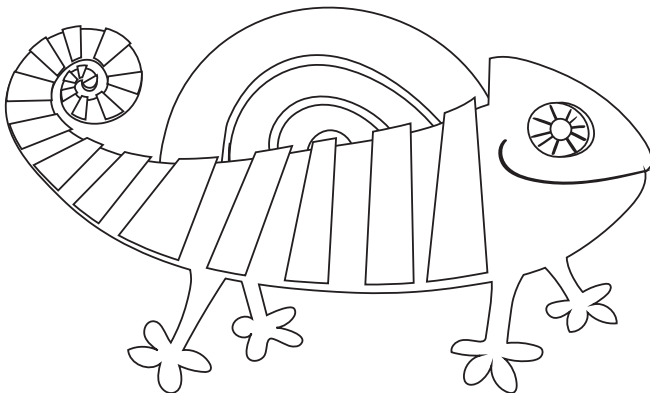
Blip is great at showing how they're really feeling!

Can you guess how Blip looks when they're feeling different emotions?
Have a go at colouring Blip in to show these feelings...

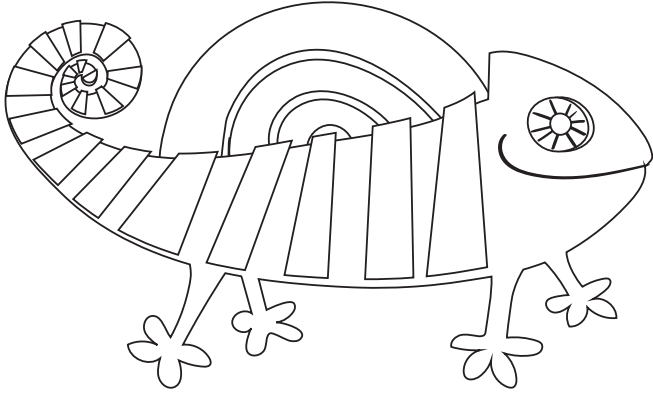
Happy



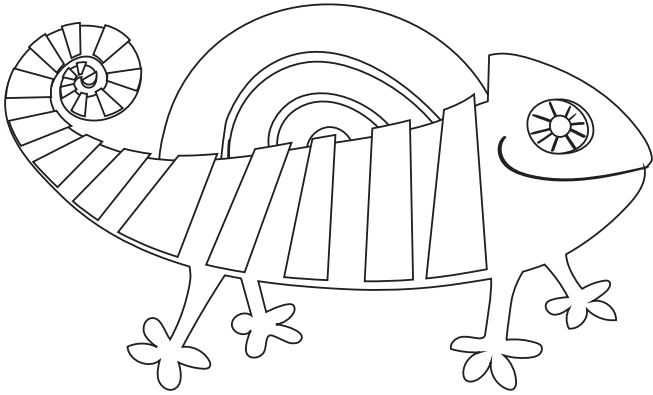
Sad



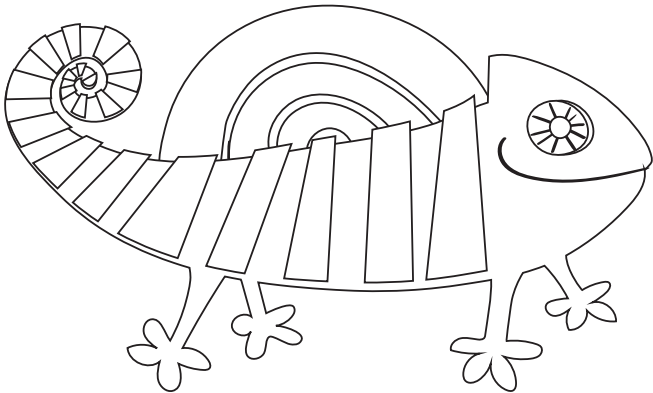
Worried



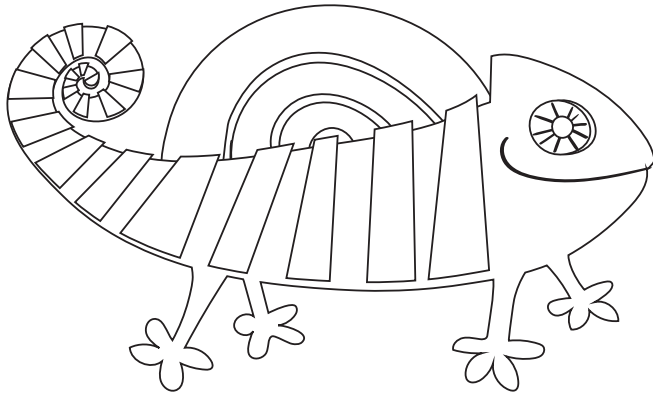
Excited



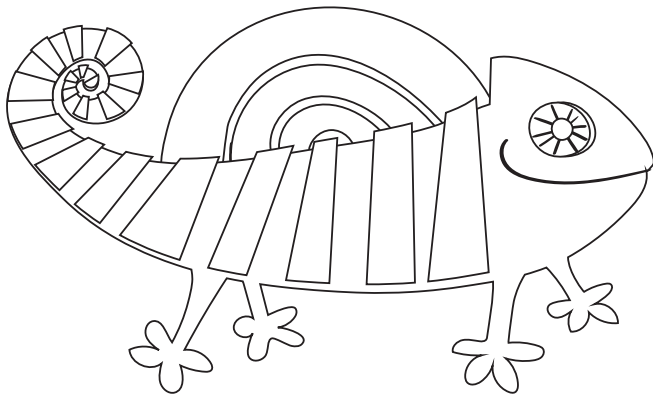
Angry



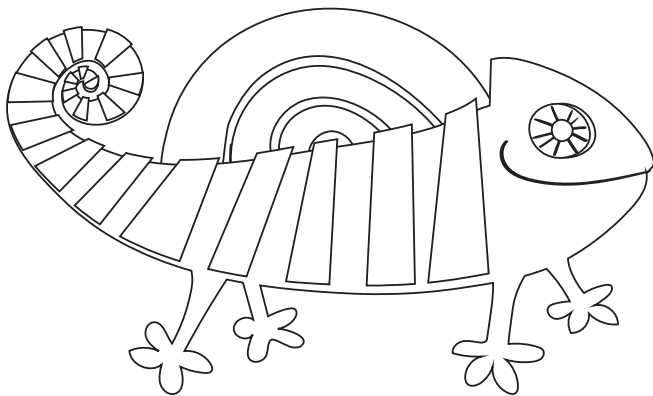
Safe



Scared



Calm



How can I get help?

You and your family/carers should talk to a teacher you trust at your school first. They can then ask for our help (we call this making a referral).

If you have been referred to us, we will contact you or your parents to talk about the difficulties you are experiencing and look at what you would like to change.

We will then offer you one-to-one or group support at your school, support over the telephone or online support, via Microsoft Teams.

The MHST operates 9am to 5pm Monday to Friday.

If you need to speak to someone urgently about your mental health you could contact:

- **Your GP**
- **Childline** | Call **0800 111** (free) or text **SHOUT to 85258**
Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends).
Available to anyone up to 18 years old.
- **Samaritans** | Visit **www.samaritans.org** or call **116 123**
Open 24 hours a day, 7 days a week.
- **CAMHS Urgent Care** | Call **0300 365 1234**
In an emergency or if you feel unsafe call 999.



You're not
alone, we're here
to help you!

Contact us

Mental Health Support Team

Shaw House, Porthpean Road,
St Austell, PL26 6AD

Call: 01726 873204

Visit our website:

www.cornwallft.nhs.uk/mental-health-support-teams

