

Be Hopeful

Parent & Carer Edition

September 2025



Welcome to a new school year!

As our children return, some will feel excited and ready to go; others may feel anxious, withdrawn, or uncertain. This half-term, we are encouraging a focus on hope – helping young people see that no matter their current circumstances, positive change is possible, and they have the power to influence their own journey.



Click [HERE](#) to translate

What is Be You?



Be You is Northumberland's mental health support team that helps children and young people aged 5-18 look after their mental health.

With support from the Department for Education and NHS England, schools in Northumberland are now getting extra help through special groups called *Mental Health Support Teams (MHSTs)*.

These teams are currently working in Alnwick, Ashington, Bedlington, Blyth, Coquet, Hexham, Cramlington, and Seaton Valley, where funding has been secured so far.

The programme is run by the NHS and Northumberland County Council. We work closely with schools so that mental health and wellbeing become part of everyday school life, helping children feel supported and understood.

Our Be You team is here to make sure children and young people get the right help at the right time. We do this by:

- working with Senior Mental Health Leads in schools
- offering training and support to teachers, staff, parents and carers
- giving one-to-one support for children and young people who may need a bit of extra help

**Young people in Northumberland have named our service
"Be You" - a little reminder to always be themselves.**



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Why Hope Matters in Mental Health

Research shows that hope is a protective factor in children and young people's mental health. It's linked to:

- Increased resilience
- Reduced anxiety and depressive symptoms
- Greater engagement and motivation
- Better problem-solving and goal-setting

Hope gives pupils a reason to believe that their actions matter – and that their future is not fixed by their past or present.



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Everyday Routines for Building Hope



Hope doesn't always come from big moments – it often grows through little, everyday habits. You can gently encourage it by weaving hopeful thinking into family routines:

At mealtimes: Share one thing you're looking forward to tomorrow.

On the school run: Ask, "What's something small you'd like to try today?"

At bedtime: Reflect on one thing that went well, no matter how small.

These little "hope habits" can become part of your child's rhythm, helping them notice the positives in their daily life.



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Simple Conversation Starters

Sometimes children need a nudge to talk about their hopes and ideas.

Try these gentle prompts:

"What's one fun thing
you'd like to happen this
week?"

"What's something
you'd like to get
better at, and what's
one small step you
could take?"

"If tomorrow went really
well, what might it look
like?"



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Managing Setbacks Together

Even with hope, setbacks happen. It's normal for children to feel frustrated if things don't go as planned. You can support them by:

- Normalising struggles: "It's okay to find things hard – everyone does."
- Reframing mistakes: "What did you learn from this that might help next time?"
- Encouraging persistence: "You've overcome challenges before – remember when...?"

This helps children see that difficulties are part of the journey, not the end of it.



Here are some activities you might like to try...

Hope Tree Activity

Create a “Hope Tree” together as a family:

- Invite your child to write or draw a hope, goal, or kind message on a paper leaf.
- Add new leaves to the tree over the weeks to see it grow.
- A lovely way to encourage positivity, share dreams, and strengthen family belonging.

Hope Journal

Try writing or talking about these ideas together:

- “One thing I’m excited about is...”
- “One way I can help myself this week is...”

Writing or thinking about hopes can help to make your child feel more positive and help them understand themselves better.



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Final Thought



Hope isn't about ignoring challenges – it's about belief that change is possible, and that we aren't alone in making it happen.

"Hope is being able to see that there is light despite all the darkness." – Desmond Tutu

You can contact us by emailing us at
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A large, vibrant yellow sunflower with a dark brown center and green leaves on a stem, positioned on the right side of the slide.

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