

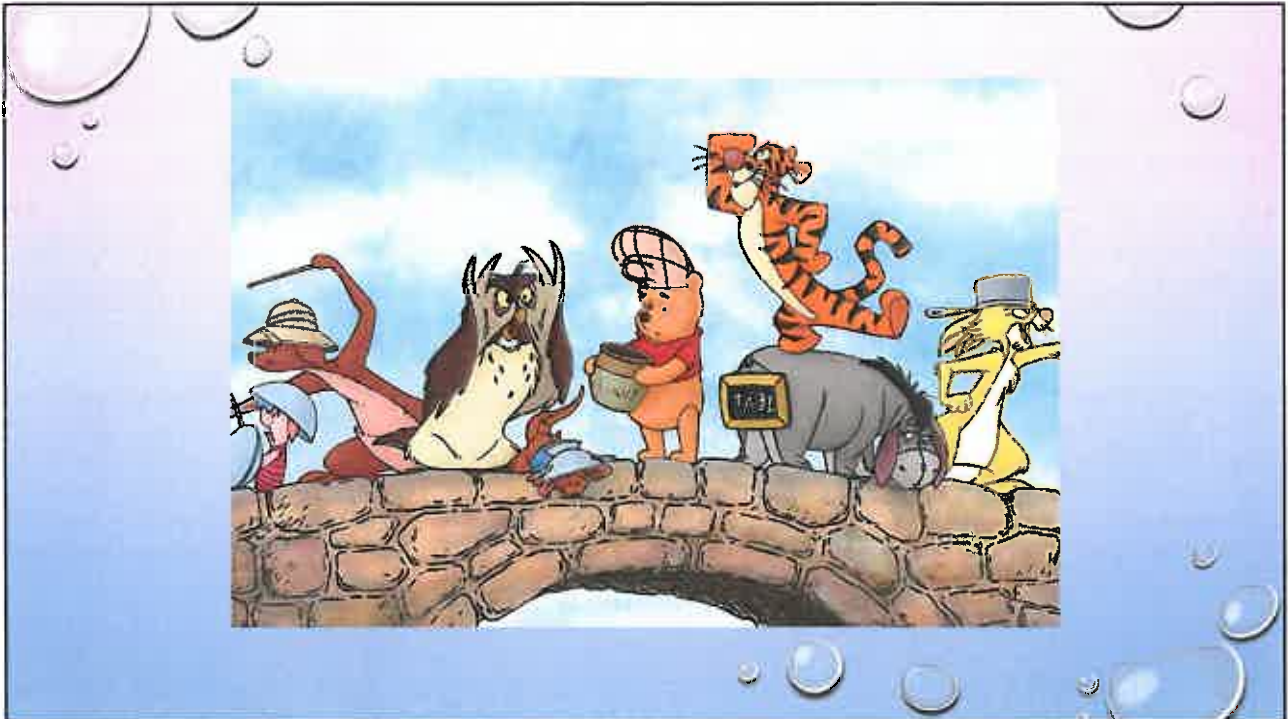
# MENTAL HEALTH

28.11.18



## AIMS

- TO HAVE A DEEPER UNDERSTANDING OF HOW POOR MENTAL HEALTH IMPACTS ON OUR CHILDREN.
- TO KNOW WHAT WE CAN DO TO IMPROVE EVERYONE'S MENTAL HEALTH- PRACTICAL IDEAS
- TO BE ABLE TO IDENTIFY PUPILS THAT NEED MORE INTENSE INPUT.
- TO KNOW HOW WE CAN ACCESS FURTHER SUPPORT- HEADSTART/ EH.
- PARENT AWARENESS OF THE MENTAL HEALTH AWARD



## POP QUIZ

- GOOD MENTAL HEALTH LOOKS LIKE:

- DISCUSS

- GOOD PHYSICAL HEALTH, EATING A BALANCED DIET AND GETTING REGULAR EXERCISE
- BEING PART OF A FAMILY THAT GETS ALONG WELL MOST OF THE TIME
- FEELING LOVED, TRUSTED, UNDERSTOOD, VALUED AND SAFE
- HAVING TIME AND THE FREEDOM TO PLAY, INDOORS AND OUTDOORS
- BEING INTERESTED IN LIFE AND HAVING OPPORTUNITIES TO ENJOY YOURSELF
- BEING HOPEFUL AND OPTIMISTIC
- BEING ABLE TO LEARN AND HAVING OPPORTUNITIES TO SUCCEED
- ACCEPTING WHO YOU ARE AND RECOGNISING WHAT YOU ARE GOOD AT
- FEELING YOU HAVE SOME CONTROL OVER YOUR OWN LIFE
- HAVING THE STRENGTH TO COPE WHEN SOMETHING IS WRONG (RESILIENCE) AND THE ABILITY TO SOLVE PROBLEMS.
- BEING ABLE TO TALK!

• POOR MENTAL HEALTH LOOKS LIKE:

• DISCUSS

- ILLNESS ( USUALLY LONG-TERM)
- HAVING A PARTNER/ PARENT/ CLOSE FAMILY MEMBER WHO HAS HAD MENTAL HEALTH PROBLEMS, PROBLEMS WITH ALCOHOL OR HAS BEEN IN TROUBLE WITH THE LAW
- DEATH OF SOMEONE CLOSE
- SEPARATION OR DIVORCE
- HAVING BEEN SEVERELY BULLIED OR PHYSICALLY OR SEXUALLY ABUSED
- LIVING IN POVERTY OR BEING HOMELESS
- DISCRIMINATION, DUE TO RACE, SEXUALITY OR RELIGION
- HAVING LONG-STANDING EDUCATIONAL DIFFICULTIES
- FINANCIAL DIFFICULTIES

## WE NEED TO LOOK FOR SIGNS WITHIN CHILDREN IN OUR CARE:

- DEPRESSION
- SELF-HARM
- GENERALISED ANXIETY DISORDER (GAD)
- POST-TRAUMATIC STRESS DISORDER (PTSD)
- EATING DISORDERS

## MENTAL HEALTH STATISTICS



10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

(Children's Society, 2008)

- ALMOST 25% OF CHILDREN AND YOUNG PEOPLE SHOW SOME EVIDENCE OF MENTAL ILL HEALTH (INCLUDING ANXIETY AND DEPRESSION)
- 10 % OF CHILDREN HAVE A DIAGNOSABLE MENTAL HEALTH DISORDER – THAT'S ROUGHLY 3 CHILDREN IN EVERY CLASSROOM
- 20% OF ADOLESCENTS/ YOUNG ADULTS HAVE A DIAGNOSABLE MENTAL HEALTH DISORDER
- 50% OF ALL MENTAL HEALTH PROBLEMS MANIFEST BY THE AGE OF 14, WITH 75% BY AGE 24
- 1 IN 12 YOUNG PEOPLE SELF-HARM AT SOME POINT IN THEIR LIVES, THOUGH THERE IS EVIDENCE THAT THIS COULD BE A LOT HIGHER. GIRLS ARE MORE LIKELY TO SELF-HARM THAN BOYS.
- IN 2013 THERE WERE 6,233 SUICIDES RECORDED IN THE UK FOR PEOPLE AGED 15 AND OLDER. OF THESE, 78% WERE MALE AND 22% WERE FEMALE.
- IN 2015, SUICIDE WAS THE MOST COMMON CAUSE OF DEATH FOR BOTH BOYS (17% OF ALL DEATHS) AND GIRLS (11%) AGED BETWEEN 5 AND 19.
- MENTAL HEALTH FOUNDATION [HTTPS://WWW.MENTALHEALTH.ORG.UK/STATISTICS/MENTAL-HEALTH-STATISTICS-CHILDREN-AND-YOUNG-PEOPLE](https://www.mentalhealth.org.uk/statistics/mental-health-statistics-children-and-young-people)

## HOW CAN YOU SUPPORT YOUR CHILDREN AT HOME?

- DISCUSS
- IS IT ENOUGH?
- WHAT MORE CAN WE DO?
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=R\\_YA1QH3YV0](https://www.youtube.com/watch?v=R_YA1QH3YV0)

## TALKING

- TALK & ACKNOWLEDGE- TRANSPARENCY
- HELP THEM FACE THE FEAR- INCREASE RESILIENCE
- ENCOURAGE THEM TO KNOW AND UNDERSTAND THEMSELVES
- SUPPORT THEM TO LEARN MORE ABOUT THEIR FEAR OR ANXIETY. KEEP A RECORD OF WHEN IT HAPPENS AND WHAT HAPPENS/ RESEARCH
- EVERY CHILD SHOULD KNOW WHO THEY CAN GO TO.
- SUPPORT THEM WITH HOW TO ASK- "CAN I TALK TO YOU"? "I'VE BEEN HAVING A REALLY HARD TIME LATELY". "PLEASE HELP ME, I'M REALLY STRUGGLING"!
- MAKE THEM FEEL COMFORTABLE. GIVE THEM YOUR FULL ATTENTION AND ENSURE THEY HAVE THE TIME THEY NEED.
- BE HONEST- IF YOU DON'T KNOW HOW TO HELP, KNOW WHO YOU CAN GO TO.
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WE8FX-HJGC](https://www.youtube.com/watch?v=WE8FX-HJGC)

## RELAXATION

- BREATHING
- MUSIC/ ART/ WRITE IT DOWN/ COUNT/ CHANT
- MINDFULNESS/ GUIDED IMAGERY
- WALK/ PLAY- FRESH AIR
- YOGA/ TAI CHI/ PEER MASSAGE (PARENTAL PERMISSION)
- LAUGH- TELL JOKES/ WATCH A FUNNY FILM CLIP
- PLAY A GAME
- SENSORY- LAY DOWN/ HUDDLE- BEAN BAGS/ BLANKETS/ WEIGHTED BELTS
- BLOW BUBBLES/ WATER PLAY
- SMELL- OILS, LAVENDER
- HOLD STONES/ FIDDLE TOYS/PLAIT/ PLAYDOUGH- SQUEEZE/ TOUCH

## MINDFULNESS AND BUILDING RESILIENCE

- HOLLIE

## SCHOOL WISH LIST

- RESOURCES- INCLUDING SENSORY BOXES FOR CLASSROOMS
- SENSORY GARDEN
- SENSORY ROOM- CABIN
- ALLOTMENT
- MINDFULNESS GROUPS
- PETTING ZOO
- MASSAGE IN SCHOOL PROGRAMME
- YOGA

## USEFUL LINKS

- [HTTPS://WWW.MIND.ORG.UK/](https://www.mind.org.uk/)
- [HTTP://WWW.ACTIONFORHAPPINESS.ORG/](http://www.actionforhappiness.org/)
- [HTTPS://WWW.CWMT.ORG.UK/](https://www.cwmt.org.uk/)
- [HTTPS://WWW.GOODMENTALHEALTHMATTERS.COM](https://www.goodmentalhealthmatters.com)
- [HTTPS://YOUNGMINDS.ORG.UK/](https://youngminds.org.uk/)
- [HTTP://WWW.VISION-WORKS.NET/](http://www.vision-works.net/)
- [HTTPS://WWW.ANNAFREUD.ORG/](https://www.annafreud.org/)
- [HTTPS://WWW.RCPSYCH.AC.UK/MENTAL-HEALTH/PARENTS-AND-YOUNG-PEOPLE](https://www.rcpsych.ac.uk/mental-health/parents-and-young-people)
- [HTTP://CIRCLESFORLEARNING.CO.UK/INDEX.HTML](http://circlesforlearning.co.uk/index.html)



## FOR KIDS- NEWSROUND

[HTTP://WWW.BBC.CO.UK/PROGRAMMES/ARTICLES/5QM6H01X6B3JTGF85GLGBFL/WHEN-TO-WORRY-ABOUT-THINGS](http://www.bbc.co.uk/programmes/articles/5QM6H01X6B3JTGF85GLGBFL/WHEN-TO-WORRY-ABOUT-THINGS)

- [HTTPS://WWW.BBC.CO.UK/NEWSROUND/25036313](https://www.bbc.co.uk/newsround/25036313)
- [HTTPS://WWW.BBC.CO.UK/NEWSROUND/39389026](https://www.bbc.co.uk/newsround/39389026)

## PLENARY

- DESCRIBE 4 WAYS YOU CAN PROMOTE GOOD MENTAL HEALTH AT HOME.