

SAFEGUARDING

NEWSLETTER



March 2023

Mental Health in Young People

Mental health is about how we think, feel and act. Just like physical health: everybody has it and we need to take care of it. Our mental health is on a spectrum, and can range from good to poor. Good mental health can help you to think positively, feel confident and act calmly.

If you have poor mental health, you might find that the way you're thinking, feeling or acting becomes difficult to cope with. You might not enjoy things you used to like doing. You might feel sad or angry for a longer time than usual. Or you might feel like you can't control how you feel or behave.

How can I look after my mental health?

Looking after our mental health can help us to feel good. It can also help stop some mental health problems from developing, control the effects they have, and stop them from getting worse.

Here's some ways you can look after you mental health:

Take care of your wellbeing: See the following page on wellbeing for tips on how you can do this.

Practice self-care: Self-care means ways of looking after yourself which help your mental health. This includes recognising what does and doesn't make you feel good. It also includes seeing friends, and looking after your physical health.

See [Anna Freud's](#) page on self-care for more ideas to try.

Find ways to boost your confidence, so you feel good about yourself.



Supporting your child's Mental Health One in four people experience a mental health problem every year. Everyone needs help from time to time to deal with the stresses of modern life and the coronavirus pandemic has added an extra source of anxiety to children's lives. It is now more important than ever that we support young people's mental health and help them to develop the resilience and resources to keep themselves mentally healthy.

At The Hart School we support students to have good mental health through our curriculum and support services. We believe it is important that they are aware of trusted resources and contacts if they need help.

Mental Health and Emotional Wellbeing Support There are several sources of support for mental health if children are finding it hard to cope during the summer holiday:

Young Minds website: <https://youngminds.org.uk/>

Lots of information about young people's mental health, with various resources available. Parents' helpline also available.

Childline website: [Childline | Childline](#) Lots of advice for children, young people and parents/carers. Plenty of ideas for activities too.

[Staffordshire Connects](#)

[Action for Children](#) - support children and young people living in Staffordshire aged 5 to 18 years who are experiencing emotional health difficulties and need support to improve their wellbeing.

[Base 25](#) is a young person information and advice centre offering a daily drop in service and a range of targeted and specialised projects that include: counselling, gender based projects, anger management programme and domestic abuse.

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MENTAL HEALTH AND EMOTIONAL WELLBEING

Children and Young People – Mental health problems affect approximately 1 in 10 children and young people, including depression, anxiety and conduct disorder and are often a direct response to what is happening in their lives.

Alarmingly, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Things that can help keep children and young people mentally well include:

- Being in good physical health, eating a balanced diet and getting regular exercise
- Having time and the freedom to play, indoors and outdoors
- Being part of a family that gets along well most of the time
- Going to a school that looks after the wellbeing of all of its pupils
- Taking part in local activities for young people

Other factors are also important, including:

- Feeling loved, trusted, understood, valued and safe
- Being interested in life and having opportunities to enjoy themselves
- Being hopeful and optimistic
- Being able to learn and having opportunities to succeed
- Accepting who they are and recognising what they are good at
- Having a sense of belonging in their family, school and community
- Feeling they have some control over their own life
- Having the strength to cope when something is wrong (resilience) and the ability to solve problems.

Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago. That is probably because of changes in the way we live now and how that affects the experience of growing up.

Reference – www.mentalhealth.org.uk

