

WORRIED ABOUT YOUR CHILD'S MENTAL HEALTH?

There are many reasons why students begin to struggle with their mental health:

- difficult things going on in their life
- life experiences, such as trauma, violence or abuse
- physical health problems
- pressure at school, work, or about money
- difficult relationships with partners, family or friends
- family history of mental health problems

Often it isn't just one of these things and sometimes there is no obvious cause.

Recently, students have had a lot of to deal with getting used to living with Coronavirus, especially missing seeing family and friends. This may have impacted upon their mental health.

Here are some signs to look out for:

- feeling hopeless – struggling to see the positives in life, or wishing they didn't exist
- getting into lots of arguments or fights
- feeling sad all the time
- feeling angry all the time
- feeling anxious all the time
- numbness – not feeling any emotions at all
- extreme highs and lows, or mood swings
- feeling worthless
- changes to their eating patterns – starving themselves, over-eating, making themselves sick
- hearing voices or seeing things that aren't there
- hurting themselves on purpose
- keeping away from friends and family
- relying heavily on alcohol, drugs or sex
- obsessive behaviour or thoughts – feeling there is something they have to do/think about all the time or something bad will happen
- experiencing nightmares, flashbacks or upsetting thoughts
- obsessing about how they look
- constant unwanted thoughts

GETTING HELP

If you recognise any of these signs, or anything else that seems out of the ordinary, or not 'normal' for your child, then it is important to reach out for help. This doesn't mean that your child necessarily has a mental health problem, but it's likely that some support will help your child on their journey to feeling their best.

Please contact your child's Form Tutor by phoning the Main School Office on 01948 860571. If necessary your child's Form Tutor will speak to a member of our Inclusion Team to organise further support. Alternatively, for serious concerns contact Ms Mort or Mrs Vaughan directly. You could also discuss your concerns with your GP.

USEFUL WEBSITES

click on the image to be directed to the website



The MyMind site has an area for children and young people

www.mymind.org.uk



Every Mind Matters has excellent advice about looking after mental health including during the coronavirus crisis

www.nhs.uk/oneyou/every-mind-matters



Kooth is an online mental wellbeing community that is free to join and offers anonymous support

www.kooth.com



Young Minds have an excellent website to ensure young people can access mental health advice and develop the resilience to overcome life's difficulties

youngminds.org.uk



Childline offers a free telephone counselling service

Call free on: 0800 1111
www.childline.org.uk



MINDSHIFT APP

A free app from Anxiety Canada designed to help teens and young adults cope with anxiety. It can help change how young people think about anxiety and offers strategies to manage anxiety including relaxation exercises. It is a free resource and available for both IOS and Android devices.