



Focus: October Mental Health Month

WORLD MENTAL HEALTH DAY IS ON TUESDAY, 10th OCTOBER

During October we are encouraging students to think about how they can prioritise good mental health

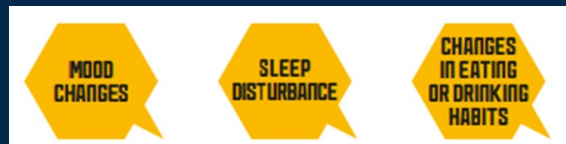


What is Mental Ill Health?

Most people know someone who has experienced a mental health problem. They happen to all types of people, from all walks of life. Any one of us could encounter a mental health problem in our lives.

When people first struggle with their mental health, they can sometimes feel that it's a sign of weakness. But it isn't. It is certainly, however, an upsetting, confusing and frightening time.

The signs and indicators of mental health problems can be highly individual and this makes it hard to tell if someone is struggling with their mental health, because they may still seem OK. It's not the job of non-professionals to diagnose mental health problems; however, it is helpful to be aware of certain recognisable signs of mental health problems such as:



If you recognise some of these signs – or are concerned about yourself or someone for other reasons, then try and have a conversation, even simply sending them a message to begin with. Offering to go for a walk, getting a drink or some food, or by doing whatever activity feels most comfortable, can encourage people to talk.

TALK TO SOMEONE ABOUT YOUR MENTAL HEALTH

1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.

TALK TO SOMEONE ABOUT THEIR MENTAL HEALTH

1. Find a good space to talk without distractions

If you're worried about someone, try to find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might help to switch off your phone.

2. Listen and ask questions

Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and also show that you're actively listening. But make sure the questions are relevant to what they're saying, and not changing the subject.

3. Ask how you can help

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a GP appointment or just for you to keep things normal and chat about what's going on in your life.

Who can you talk to if you are struggling with your mental health?

- In school you can speak with your Form Tutor or any trusted adult or you could email: stayingsafe@heber.org.uk
- You can speak to your parents or carers who could take you to your GP if you require specialist support or medical help
- If you or a member of your household is experiencing a mental health crisis, ask for help:
Samaritans: 116 123 ChildLine: 0800 1111
- If you live in Cheshire West or Cheshire East there is a dedicated phone line
Cheshire and Wirral Partnership Crisis line: 0300 303 39
- If you live in Shropshire the dedicated phone line is: 0300 124 0365
- If you live in Wrexham call 111 and select option 2 to speak to a member of the mental health team



STARTING TEAM
www.startingwell.org.uk

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

ChatHealth
www.startingwell.org.uk/chat-health

11 - 19 years old?
One text can make a difference...
07312 263260

We can discuss anything e.g.

Exam Stress Self Harm Physical Health Emotional Health LGBTQ+ Changing Schools
Family Worries Low Mood Growing Up Worries Diet and Exercise Healthy Relationships
College Life Anxiety Body Image / Body Confidence Social Media Bullying Vaccinations

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first.
Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules.
We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text.
Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages.
We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).
Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.