

Mental Health booklet



Guide for Parents

What mental health problems are there.

- ❖ Anxiety
- ❖ Self Harming
- ❖ Addiction
- ❖ Bipolar
- ❖ Depression
- ❖ Eating Disorders
- ❖ Obsessive compulsion
- ❖ Suicidal thoughts
 - And many more ...

Mental health sits on a spectrum and young people can move up and down the spectrum. The mental health spectrum will enable you to understand the level



of support your young person might need.

If you notice a distinct change in your child's behaviour or feelings, it is always best to talk to them before going to someone else and be open about your concerns. Let them know you are always there if they need to talk.

Having difficult conversations with your child

Talking about mental health can be really disconcerting for parents, not only if you think your child is suffering but also facing difficult questions about mental

health. With any difficult conversations with our child the best thing you can do is be honest, understanding and listen without judgement.

There will be a reason your child has come to talk to you so do not be too hasty to refer them to someone else at school or a website. Take time to acknowledge they have come to you and to listen to them empathically and without panicking.

As a parent it is entirely natural to want to 'fix' whatever problem your child is facing and offer as many solutions as possible; however, sometimes all your child needs is for you to listen to what is hurting them and hear that is okay and that you are there to support them.

Top Tips for how to look after your mental health

Day to Day

There are some things that we can all do which have been shown in research to help keep our minds healthy – they are called The Five Ways to Wellbeing and are described below.

Connect



- ✓ Make time each day to spend with your family
- ✓ Visit a friend or family member who needs support or company
- ✓ Speak to someone new today
- ✓ Arrange a day out with friends you haven't seen for a while.
- ✓ Call your friends rather than messaging
- ✓ Go to a party or social event instead of staying at home

Be Active



- ✓ Try to use the stairs and not the lift
- ✓ Walk or cycle to school
- ✓ Offer to take a neighbours dog for a walk
- ✓ Run round the park or use the outdoor gym / trip trail
- ✓ Use an app to count your daily steps
- ✓ Offer to do the ironing every week and set a time limit.

Give to others



- ✓ Ask your friend how they really are, then really listen to the answer
- ✓ Say thank you with a smile
- ✓ Offer to lend a hand if you see someone struggling
- ✓ Volunteer with a local group
- ✓ Arrange a treat for you and a friend or family member.
- ✓ Phone a relative as a surprise.

Be Aware



- ✓ Take a different route to school
- ✓ Try out yoga or meditation
- ✓ Pick a time each day to breath deeply and be aware of your surroundings
- ✓ Play a piece of music and put all your energy into listening.
- ✓ Turn off all your social media for 30 minutes a day
- ✓ Visit a place where you can be still for a few moments.

Keep Learning



- ✓ Visit a museum, gallery or a place of interest
- ✓ Learn how to fix your bike
- ✓ Get a family member to show you how to cook a meal.
- ✓ Teach yourself a basics of another language
- ✓ Learn to play a musical instrument
- ✓ Start a new hobby or restart one you have before.

Remember



HEALTHY HABITS

**SLEEP WELL
(GET PLENTY OF
SLEEP – AT LEAST
10 HOURS)**



**DRINK LOTS OF
WATER**

When times get tough

Remember that it is normal to go up and down the spectrum of mental health at different times in our lives. Here are some things you can do to support yourself when things get tough.



Try writing down how you feel

Some young people find keeping a “mood Diary” helpful to record how they feel on different days and identify any patterns which might explain what is upsetting them.



Reach out to others that are struggling.

If you know that someone else in your friendship group is also finding things difficult, reach out to them and see if you can support each other. Helping someone else can help you feel better too.



Be kind to your self

When times are hard, its important to be extra kind to yourself just as you would be kind to a friend in need. Think about what you might find comforting – re-reading a favourite book., playing some favourite music, watching a film you enjoy with a fiend or parent, going for a walk to clear your head.

TALK TO SOMEONE YOU TRUST



Try Speaking to someone you trust.

Speak to someone you trust
One of the most important things you can do is to speak to someone rather than bottling up your feelings inside yourself. Choose a close friend, family member or teacher or another member of staff at school to share your worries.

What every you do, try not to diminish your child's experience by saying "don't be silly", "it's not that bad" or "you should not worry about that". This passes judgement on what they are feeling and can cause them to feel guilty or conflicted over their emotions. The best things is just to acknowledge and try to understand and empathise with that they are feeling.

Supporting a young person with Suicidal thoughts

What are suicidal feelings?

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life. The type of suicidal feelings people have varies person to person, in particular in terms of:

- how intense they are – suicidal feelings are more overwhelming for some people than others. They can build up gradually or be intense from the start. They can be more or less severe at different times and may change quickly.
- how long they last – suicidal feelings sometimes pass quickly, but may still be very intense. They may come and go, or last for a long time.

How can I help someone with suicidal feelings?

It can be very distressing if you are worried about someone who feels suicidal. They may have talked about wanting to end their life, or you may be concerned that they are thinking about it. You might feel unsure of what to do, but there are lots of things that might help.

You could:

- encourage them to talk about their feelings
- encourage them to seek treatment and support
- offer emotional support
- offer practical support
- help them think of ideas for self-help
- help them to make a support plan

"The main aspect of supporting someone through this is compassion, listening and most importantly not over-reacting or becoming upset. Remaining calm and talking the situation through is extremely important."

It may also be helpful to remove things that someone could use to harm themselves, particularly if they have mentioned specific things they might use.

For more information on encouraging someone to seek treatment for suicidal feelings, see our information on supporting someone else to seek treatment.

What to do in an emergency

If someone has attempted suicide, call 999 and stay with them until the ambulance arrives.

If you're worried that someone is at immediate risk of taking their own life, if you can, you should remove anything the person could use to harm themselves. It's best to stay with them and take one of these steps:

- ring their GP or out of hours service for an emergency appointment
- contact their Community Mental Health Team (CMHT) if they have one
- encourage them to ring Samaritans on freephone 116 123 (24 hours a day).

There are also specialist helplines they could contact, like Papyrus and HOPELINEUK (for under-35s)

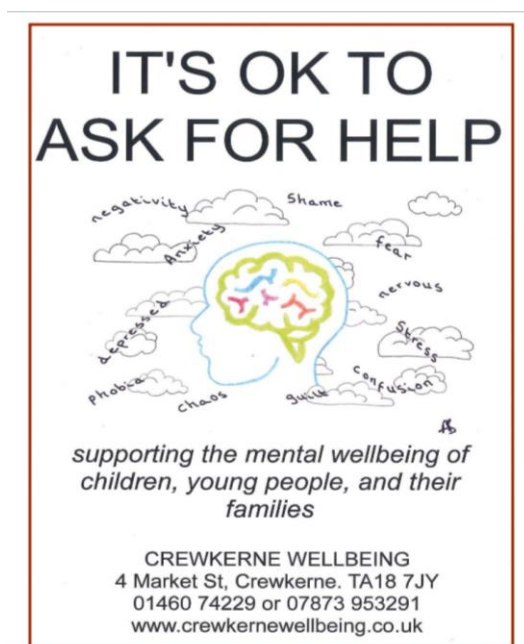
- go to the nearest Accident and Emergency (A&E) department or call 999 for an ambulance
- call NHS 111 in England

Support available for young people

Provision Map for accessing support for mental health

Universal Support	Tutor Family Teachers Keepsafe@wadhamschool.co.uk Friends
Tier 1 (Additional Support, short term)	Apps / services. Tutor Pastoral Hub support School nurse (one off contact) Parental Engagement
Tier 2 (additional Support, longer term)	Chaplin, Monitoring card Pastoral Hub support Apps and Services DOL School Nurse Referral Parent Family Support Advisors
Tier 3 (Concerns over mental Health)	School Counsellor Young Somerset referral GP contact Child line etc Safety plans MHST referral CAMHS 2+ Family Intervention Service
Tier 4 (Significant Concerns)	CAMHS level 3 / 4 Safety Plans in school Apps and support Head of Year / Safeguarding Team involvement. Child Social Care

Resources to support Young People



The new Crewkerne Wellbeing support area in Crewkerne

GP – Speak with your GP they will be able to support you with your mental health. Make an appointment with your local surgery

School Nurse – The school Nurse comes into Wadham every week and has runs an open clinic – Ask the pastoral hub for details.

MHST (Mental Health School teams) The safeguarding team can refer you to the MHST team. Speak to your Head of Year or the Pastoral Team.

CAMHS (Child and Adolescent mental health Service) CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties. CAMHS support covers depression , problems with food and eating , self-harm , abuse, violence or anger , bipolar disorder , schizophrenia and anxiety, among other difficulties. Referrals for CAMHS can go through the safeguarding team or your GP.

Young Minds - <https://www.youngminds.org.uk> YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

Childline - <https://www.childline.org.uk> Childline - Call free on 0800 1111 or contact them online. Whatever your worry, they are there for you. Message boards Share your experiences, have fun and get support from other young people in similar situations.

Samaritans <https://www.samaritans.org> Whatever you're going through, a Samaritan will face it with you. Open 24 hours a day, 365 days a year. Call 116 123 or contact the webchat online.

Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, all their advice is confidential. papyrus-uk.org) or call 0800 068 4141 or text - Text - 07860 039967

BEAT's Youthline offers support to children and young people with an eating disorder. They have a webchat which is particularly popular with young people. (beateatingdisorders.org.uk)

Hope Again is the youth website of Cruse Bereavement Care. They provide advice for any young person dealing with the loss of a loved one. www.hopeagain.org.uk

2BU – A service to offer advice and support to LGBTQ+ young people in Somerset. [Welcome for LGBTQ+ young people \(2bu-somerset.co.uk\)](http://2bu-somerset.co.uk)

Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying. [Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](https://www.giveusashout.org)

KOOTH – a webchat service to support young people. www.kooth.com online mental health wellbeing community.