

Mental Health booklet



Guide for Pupils

What is Mental health

We all have mental health, just as we all have physical Health. Being mentally healthy means that;

- ❖ We feel good about ourselves
- ❖ We can make and keep positive relationships with others
- ❖ We feel able to manage our feelings rather than feeling overwhelmed by them.
- ❖ We have interests or hobbies that we enjoy.
- ❖ We feel hopeful about our future.

Good Mental health helps us to cope with life's ups and downs and to ask for support for others when we need it.

Mental Health Spectrum



Examples of things that might harm our mental health are;

- Having friendship difficulties such as lots of arguments
- Feeling under pressure at school, such as during exams.
- Feeling worried about the health of a family member.
- Being bullied – in person or online.

Some things that might protect and improve our mental health are;

- Having a close friend you trust, or a supportive friendship group.

- Having a teacher or other staff member at school you can go to if you need help.
- Enjoying time at home with your family.
- Having hobbies or interests you enjoy taking part in.
- Eating a healthy diet and getting plenty of sleep.

It is important to remember that, just as our mental health can suffer during difficult time in our lives, it can also recover. It is also important to recognise that everyone has times in their life that they struggle with their mental health, it matters that we talk about it and seek help when we need it.

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



HOW
fab

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.



Asking for help

Friends

Family

Form tutor

Pastoral Support Hub

Head of Year


Teachers

Teaching Assistants

Want some advice and don't want to speak to anyone - Email –
keepsafe@wadhamschool.co.uk

The new Crewkerne Wellbeing support area in Crewkerne

IT'S OK TO ASK FOR HELP



*supporting the mental wellbeing of
children, young people, and their
families*

CREWKERNE WELLBEING
4 Market St, Crewkerne. TA18 7JY
01460 74229 or 07873 953291
www.crewkerne wellbeing.co.uk

Resources to support Young People

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.shout.org.uk)

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