



SAFEGUARDING NEWSLETTER

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 Sir Graham Balfour 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. Families also play a vital role in supporting young peoples' mental health and we know that the best support happens when school, students and families communicate.

Support

During these times, pressure on all members of the family can mount, including young people. If you have concerns that your child may be struggling to cope, please look at the following websites which may be able to offer advice and support:

- <https://youngminds.org.uk/find-help/looking-after-yourself/>
- <https://www.annafreud.org/on-my-mind/>
- <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>
- <https://stem4.org.uk/>
- <https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health#UK>

The following page advertises other useful websites to support child mental health.....

Bullying and Mental Health

According to the NSPCC, “Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere – at school, at home or online. It’s usually repeated over a long period of time and can hurt a child both physically and emotionally.”

Young people who have experienced bullying are more likely to develop an anxiety disorder or suffer from depression. The same applies to those that are isolated and have difficulties with friendships at school.

Fears and worries are a normal part of child development and the content of fears can change according to the individual’s developmental stage. Anxiety disorders occur when the intensity of the fear or worry is so high that it starts to impact on the child’s functioning and well-being.

Depression affects just under 3% of children under the age of 13 and over 5% of 13-18-year olds.

An estimated 20% will have had one depressive episode before the age of 18.

Bullying is an understandable reason for a child to feel sad or anxious but it need not mean they are suffering from anxiety or depression. However, regardless of the impact on the child, bullying in any form is never acceptable. Whether the bullying takes place at school, at home, online or somewhere else, it should be reported to the relevant authority and those responsible should be held to account.

When to seek help

If you notice any symptoms of depression or anxiety as a result of your child being bullied, and these persist or worsen, then you should refer to a professional. If left untreated, depression and anxiety can continue into adulthood and cause significant problems.

Some children may be fearful to talk about being bullied. In some cases the bully might have threatened them with consequences if they speak out about the abuse. So as a parent, teacher or carer, it’s important for you to provide a safe, open and non-judgemental environment for the child to be able to discuss their concerns. Discretion is very important too, especially for older children who may be embarrassed to admit to being bullied and might

If your child is experiencing difficulties and does not know who to speak to regarding issues such as bullying or emotional wellbeing, or they have concerns about a friend; they can contact a member of the pastoral team for urgent help, using the following email address:

help@sirgrahambalfour.staffs.sch.uk

Helpful resources young people's mental health *Here*

are some trustworthy sources of support, guidance and training around young people's mental health & well being

Action for Happiness actionforhappiness.org

A not-for-profit providing resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

Anna Freud Centre annafreud.org | Tel: 0207 794 2313 | Email: info@annafreud.org

A children's mental health charity providing specialist help, research and training for children, young people, families and schools.

Association for Young People's Health (AYPH) youngpeopleshealth.org.uk

A charity and membership forum working to promote the health and wellbeing of 10-24 year olds.

Barnardo's barnardos.org.uk

A leading children's charity which provides services, research and guidance on a range of issues concerning children's wellbeing including child poverty, sexual exploitation, disability and domestic violence.

Charlie Waller Memorial Trust cwmt.org.uk

Awareness, information and resources for young people who are depressed, as well as training for families, schools, colleges, universities, workplaces and GPs.

ChildLine childline.org.uk | Tel: 0800 1111

Counselling service for parents, children and young people, offering free and confidential help and advice. Also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English.

Early Intervention Foundation eif.org.uk

An independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

Family Links familylinks.org.uk

Offers programmes for parents of children from -9 months to 18+ providing adults and children with skills to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships. Specialist programmes include parenting with Islamic Values, work with parents in prison and with parents of children with a disability or special needs.

Heads Together headstogether.org.uk

A campaign to end mental health stigma spearheaded by the Duke and Duchess of Cambridge and Prince Harry.

Hub of Hope hubofhope.co.uk

A national database of organisations and charities of all sizes, enabling easy access to sources of mental health support and advice.

Kooth kooth.com

Free support services for young people delivered by qualified counsellors via online chat.

Mental Health and Behaviour in Schools

gov.uk/government/publications/mental-health-and-behaviour-in-schools--2

The Department for Education (DfE) developed this set of advice and practical tools to help schools promote pupil mental health, identify and support pupils with more severe needs and make appropriate referrals to specialist agencies where necessary.

Mental Health Foundation mentalhealth.org.uk

UK charity dedicated to finding and addressing the sources of mental health issues. Includes information, research, resources and an invaluable A-Z of mental health terms.

Mind mind.org.uk

National charity providing information, advice, and campaigning to promote and protect good mental health for everyone.

MindEd minded.org.uk

Free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

Mental health apps:

The NHS website provides a list of useful apps for supporting mental health:

<https://www.nhs.uk/apps-library/category/mental-health/>

Health for Teens

A website supported by the NHS on a wide range of topics from anger management and anxiety to relationships and sexual health.

<https://www.healthforteens.co.uk/?location=Staffordshire%2026%20Stoke>

Useful telephone and chat services:

Young Minds crisis text message service- powered by "SHOUT" (anonymous and free).

Text 85258.

If you are concerned about a child or young person in Staffordshire and want to speak to someone, please contact the Safeguarding First Response Team on 0800 1313 126 and give as much information as you can.

Parents can also access confidential support and advice through Childline on 0800 1111 via 1-2-1 chat between 7.30 am and 3.30 pm every day.

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1. Signpost

- SCVVS find activities <https://staffscvvs.org.uk/activities/>
- Sports Clubs <https://togetheractive.org/>
- Libraries
Public Library Reading Well offer for children. 2 collections of expert-endorsed books focussing on mental health for children can be found in libraries across Staffordshire.
<https://reading-well.org.uk/books/books-on-prescription/children-for-7-11yrs>
<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health-for-13-18-yrs>



2. It's Good to Talk

- 0-19 service (school nursing and health visitors) <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>
- GP
- Youth Worker <https://staffscvvs.org.uk/activities/>
- Family and Friends



3. Digital

- Changes <https://www.changesyp.org.uk/>
- Action for Children <https://www.staffordshire-ewb.actionforchildren.org.uk/>
- Chat Health <https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVvKCoaA>
- Health for Teens <https://www.healthforteens.co.uk/staffordshireandstoke/>



4. Education

- School Special Educational Needs and Disabilities (SEND) Local Offer and Graduated Response <https://www.staffordshireconnects.info/kb5/staffordshire/directory/localoffer.page?localofferchannel=0>
https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=JDRS4V94_74
- Emotional health and wellbeing resources for children, parents and professionals <https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=4Pf3vU6K3yM>



5. Mental Health Support Teams In Schools

- Mental Health Support Teams in Schools
Twitter: @MHstNorth
<https://combinedwellbeing.org.uk/our-services/>



6. Changes

- <http://www.changesyp.org.uk/>
We also have a digital platform where young people can access counselling and other resources.
This can be found at: www.speakupspace.org.uk



7. Action for Children

- <https://www.staffordshire-ewb.actionforchildren.org.uk/>



8. Child and Adolescent Mental Health

- NSCHCT
<https://www.combined.nhs.uk/our-services/children-and-young-people/>
Child focused / Therapies / Specialist Staff



9. Access

- NSCHCT
<https://www.combined.nhs.uk/our-services/children-and-young-people/>
<https://combinedwellbeing.org.uk/>
Tel: 0300 123 0907
Address:
Crisis Care Centre, Harplands Hospital,
Hilton Road, Stoke-on-Trent. ST4 6TH



10. Crisis Care Centre

- North staffs Combined Healthcare NHS Trust (NSCHCT)
<https://www.combined.nhs.uk/our-services/adult-community/crisis-care-centre/>
Tel: 0300 123 0907
24/7 service



11. Hospital

- UHNM
<https://www.uhnm.nhs.uk/>
A&E services 24/7



12. Suicide Awareness

- <https://healthwatchstaffordshire.co.uk/news/suicide-prevention-and-support-services/>
- SHOUT – Text shout to 85258 (24/7)
- Samaritans (Stafford) – Tel: 116 123 free from any phone. 0330 094 5777 local call charges apply
- NHS links to support: <https://www.nhs.uk/conditions/suicide/>
- PAPYRUS Prevention of Young Suicide <https://www.papyrus-uk.org/hopelineuk/>
0800 068 41 41 (open 9am – 12 midnight)



13. River

- North Staffs Combined Healthcare NHS Trust (NSCHCT)
0300 123 0907
24/7 service
- First Response: Is there a serious concern about the safety of a child or young person?
0800 131 3126 Mon-Thurs 8.30-5 & Fri 8.30-4.30
0345 604 2886 Emergency Duty Team (outside of working hours, weekends/bank holidays)
- Emergency services
999 or 101



Children & Young People's Mental Health Support



For more information relating to services in your area please refer to Staffordshire Connects;
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/home-page>

Wellbeing

Via our Pastoral Care system and Form Time programme, we regularly encourage the students to reflect on their personal wellbeing, and to take responsibility and care for themselves and others. Here is some wellbeing advice we sent to students in the student bulletin this week:

The **BEST ME** approach for students:

- **BE POSITIVE**- try to set achievable daily goals and reflect on the positives of the day. Focus on what you 'can do' and 'have done' not on what you 'can't' or 'did not' do.
- **EAT WELL**- food is vital to fuel the body and mind; eat 3 regular balanced meals a day with a healthy snack between each meal. It is advised to drink approximately 6-8 glasses of water a day. Hydration is essential for healthy brain function.
- **SLEEP WELL**- The NHS recommends that children age 6-12 yrs need between 9-12 hours sleep and children age 13-18yrs require 8-10 hours of sleep. Establish good sleeping patterns and avoid screen time within the last hour before you go to bed. Get up at your regular time for school and avoid lying in on weekdays.
- **TIME MANAGE**- Follow the school timetable but schedule in regular breaks from the computer screen and make time for yourself during lunch and the evening to do the things you enjoy at home and to make contact with friends and family.
- **MOVE WELL**- Not walking to school and walking about the building leads to a huge decrease in daily movement. Exercise is important for a healthy body and mind and produces chemicals in the brain which make us feel good. Make time for regular exercise, you should do 30 minutes 5 times a week for fitness and make periods of movement/standing an essential part of your daily routine.
- **ENGAGE** – With others and ensure you stay in touch with your teachers, friends and family. Communication and social interaction is essential. Make time for your friends during your lunch, break times and in the evening but be mindful to use social media responsibly. Conversation over the phone, video call or face time is an excellent way to stay socially connected.

Supporting young people to find positive emotional outlets and ways to help regulate their mood and provide relief from feelings of anxiety is essential.

The following link provides advice for young people on self-care:

<https://www.annafreud.org/on-my-mind/self-care/>