

Mental health and wellbeing - information and sources of support

APPENDIX A

Sources or support at school and in the local community

SCHOOL BASED SUPPORT

Purwell Primary School aims to promote positive mental health for every member of the school community including, staff, pupils and families. This aim is pursued using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable pupils.

Each pupil, and their well-being, is unique and is approached in this way, depending on the situation. In some circumstances, just talking and listening is required. Others may benefit from a more structured programme. The Mental Health and Wellbeing lead is available, at all times, for pupils/ staff and parents.

LOCAL SUPPORT

Educational Psychology Service

<https://www.hertfordshire.gov.uk/microsites/local-offer/services-for-children-and-young-people/educational-psychologists.aspx>

Safe Space

Safe Space offers children and young people across Hertfordshire a creative, confidential and safe space to explore any issues affecting their everyday lives.

<https://directory.hertfordshire.gov.uk/Services/9497>

Healthy Young Minds in Hertfordshire

Information on emotional health and wellbeing support in Hertfordshire for young people, parents and carers, professionals and schools.

<https://www.healthyyoungmindsinherts.org.uk/>

Just Talk

Just Talk is a multi-agency campaign in Hertfordshire which aims to encourage young people to talk about their mental health. The Just Talk Hertfordshire partner agencies have worked together to produce a large number of resources to be used with young people and parents. They're to raise mental health awareness and normalise conversations about mental health.

Hertfordshire's Five Ways to Wellbeing Toolkit includes ideas for lesson plans and group sessions. It explains the importance of young people's wellbeing and introduces practical ideas for how young people can incorporate the Five Ways to Wellbeing into their daily lives.

For more information visit:

<https://www.justtalkherts.org/just-talk-herts.aspx>

My Mind: is an NHS website, run by CWP CAMHS. This site has been developed for everyone interested in the mental health and well-being of young people.

www.mymind.org.uk

Visyon: a charity supporting the emotional health of children, young people and their families. www.visyon.org.uk

You in Mind: a directory of support for mental health issues, in the local area.

www.youinmind.org

APPENDIX B

ONLINE SUPPORT

Young Minds: a charity committed to improving the wellbeing and mental health of children and young people. www.youngminds.org.uk

Kooth: an online counselling and emotional well-being platform for young people. www.Kooth.com

NSPCC: is the UK's leading children's charity, preventing abuse and helping those affected to recover. www.nspcc.org.uk

Childline: get help and advice about a wide range of issues, call on 0800 1111; talk to a counsellor online, send an email or post on the message boards. www.childline.org.uk

Samaritans: a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. Whatever you're going through, call free any time, from any phone on 116 123. www.samaritans.org

B-eat: a charity supporting anyone affected by eating disorders such as anorexia or bulimia. www.beat.co.uk

Charlie Waller Memorial Trust: a good source of information about anxiety and depression. www.cwmt.org.uk

CBT self help and therapy resources, including worksheets and information sheets and self help mp3s www.getselfhelp.co.uk

Research, Resources and support as well as Interventions and a support, participation Blog. www.annafreud.org

Talking Therapies can help you with everyday issues that affect your mental wellbeing: money worries, relationship issues, social isolation, housing and employment. We can then offer the right support for you, which may include information and advice, groups, courses or one-to-one support to help improve your situation. www.mytalkingtherapies.com

MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. www.minded.org.uk

www.childbereavement.org : Their vision is for all families to have the support they need to rebuild their lives, when a child grieves or when a child dies and provide confidential support, information and guidance.

APPENDIX C

ONLINE SUPPORT

Further information and sources of support about common mental health issues

Sign-posted below is information and guidance about the issues most commonly seen in school-aged children. The links will take you through to the most relevant page of the listed website. Some pages are aimed primarily at parents but they are listed here because they are useful for school staff too.

Support on all these issues can be accessed via [Young Minds](http://www.youngminds.org.uk) (www.youngminds.org.uk), [Mind](http://www.mind.org.uk) (www.mind.org.uk) and (for e-learning opportunities) [Minded](http://www.minded.org.uk) (www.minded.org.uk).

Self-harm

Self-harm describes any behaviour where a young person causes harm to themselves in order to cope with thoughts, feelings or experiences they are not able to manage in any other way. It most frequently takes the form of cutting, burning or non-lethal overdoses in adolescents, while younger children and young people with special needs are more likely to pick or scratch at wounds, pull out their hair or bang or bruise themselves.

SelfHarm.co.uk: www.selfharm.co.uk

National Self-Harm Network: www.nshn.co.uk

Depression

Ups and downs are a normal part of life for all of us, but for someone who is suffering from depression these ups and downs may be more extreme. Feelings of failure, hopelessness, numbness or sadness may invade their day-to-day life over an extended period of weeks or months, and have a significant impact on their behaviour and ability and motivation to engage in day-to-day activities.

Depression Alliance: www.depressionalliance.org/information/what-depression

Anxiety, panic attacks and phobias

Anxiety can take many forms in children and young people, and it is something that each of us experiences at low levels as part of normal life. When thoughts of anxiety, fear or panic are repeatedly present over several weeks or months and/or they are beginning to impact on a young person's ability to access or enjoy day-to-day life, intervention is needed.

Anxiety UK: www.anxietyuk.org.uk

Obsessions and compulsions

Obsessions describe intrusive thoughts or feelings that enter our minds which are disturbing or upsetting; compulsions are the behaviours we carry out in order to manage those thoughts or feelings. For example, a young person may be constantly worried that their house will burn down if they don't turn off all switches before leaving the house. They may respond to these thoughts by repeatedly checking switches, perhaps returning home several times to do so. Obsessive compulsive disorder (OCD) can take many forms – it is not just about cleaning and checking.

OCD UK: www.ocduk.org/ocd

Suicidal feelings

Young people may experience complicated thoughts and feelings about wanting to end their own lives. Some young people never act on these feelings though they may openly discuss and explore them, while other young people die suddenly from suicide, apparently out of the blue.

Prevention of young suicide UK – POPYRUS:

www.papyrus-uk.org

On the edge: ChildLine spotlight report on suicide:

www.nspcc.org.uk/preventing-abuse/research-and-resources/on-the-edge-childline-spotlight/

Eating problems

Food, weight and shape may be used as a way of coping with, or communicating about, difficult thoughts, feelings and behaviours that a young person experiences day to day. Some young people develop eating disorders such as anorexia (where food intake is restricted), binge eating disorder and bulimia nervosa (a cycle of bingeing and purging). Other young people, particularly those of primary or preschool age, may develop problematic behaviours around food including refusing to eat in certain situations or with certain people. This can be a way of communicating messages the child does not have the words to convey.

Beat – the eating disorders charity: www.b-eat.co.uk/about-eating-disorders

Eating Difficulties in Younger Children and when to worry:

www.inourhands.com/eating-difficulties-in-younger-children