



## Mental Health and Wellbeing

Things we can do to support mental health in school:

- ✓ Include wellbeing within our curriculum (we use Jigsaw PSHE which supports this)
- ✓ Signpost useful resources, websites and contacts
- ✓ Arrange support from our Learning Mentor
- ✓ Involve the Educational Psychologist
- ✓ Seek support from social services
- ✓ Signpost to BEAM (drop in service for support and signposting for mental wellbeing)
- ✓ Refer to CAMHS

An awareness of mental health is important in school because:

- 10% of children and young people aged 5-16 suffer from a diagnosable mental health disorder.
- Mental health and emotional issues often develop during adolescence or early adulthood. Over half of mental ill health starts by age 15 and 75% develops by age 18.
- Mental health issues are common, especially depression, anxiety and misuse of alcohol and other drugs with one young person in ten experiencing some form of problem with their emotional and mental health in the course of a year.
- Throughout the course of any person's life, it is highly likely they will either develop a mental health issue themselves or have close contact with someone who does.
- People with mental health issues die on average ten to 20 years younger than the general population, so addressing mental health in young people is vital.

Mental health difficulties we may encounter:

- Depression
- Anxiety disorders
- Suicide
- Psychosis
- Self-harm
- Eating disorders

Useful Contacts:

- Childline: 0800 1111 <https://www.childline.org.uk/>
- Samaritans: 116 123 <https://www.samaritans.org/>
- Mind: 0300 123 3393 <https://www.mind.org.uk/>