

Emotional Health and Wellbeing

Let's talk about Mental Health

Cleaners

Form tutor

Every
member of
staff

Safeguarding
Team

Teaching
assistants

Need to talk?
Help is here in
School

Senior
Leadership
team

Friends

Pastoral
Workers

Head of
Learning

Teachers

Emotional Health and Wellbeing

- Just as we all have physical health, we have mental health too.
- And just as our bodies can become unwell, so can our minds.



Like physical illness, mental illness affects people of any age.

It is not the result of personal weakness, lack of character, or poor upbringing.



At any given time, 1 in 10 young people is living with a mental health problem .

Improving Mental Health

- Eat well, feel better
- Exercise, feel better
- Help other people, feel better
- Believe in yourself, feel better
- Take time out, feel better
- Spend time with friends and family, feel better



Possible Signs (Feelings):



- Feeling sad most of the time
- Feeling left out or lonely
- Feeling unwell more often than usual
- Not enjoying things you normally enjoy
- Not eating properly
- Becoming angry
- Can't concentrate and worrying all the time
- Feelings of guilt or hopelessness

Possible Signs (Physical):

- Lack of interest in appearance
- Disturbed sleep
- Change/loss of appetite
- Physical health complaints



Possible Signs (actions):

- Giving away possessions
- Withdrawal (family, friends, school)
- Loss of interest in hobbies
- Abuse of alcohol, drugs
- Reckless behaviour
- Impulsivity
- Extreme behaviour changes
- Self-harm



Possible Signs (Thoughts):

- “All of my problems will end soon”
- “No one can do anything to help me now”
- “I just can’t take it anymore”
- “I wish I were dead”
- “Everyone will be better off without me”
- “I won’t be needing these things anymore”
- “I can’t do anything right”
- “Now I know what they were going through”
- “I just can’t keep my thoughts straight anymore”



Do you need to talk? Feeling alone or in a crisis? Worried about someone? Not sure how to support them?

Childline: <https://childline.org.uk> 08001111

YoungMinds: www.youngminds.org.uk website and Parents helpline - 0808 802 5544

MindLine Cumbria: info@mindlinecumbria.org 0300 561 0000

School Nurses Confidential Advice and Support Line: 07480635458

Child Bereavement UK: 0800 138 1619 www.childbereavementuk.org

Samaritans 24hr Confidential and Emotional Support Line: 116 123 www.samaritans.org

Samaritans Carlisle: 01228 544444

Self-harm UK: www.selfharm.co.uk

Winston's Wish: 08452 03 04 05 www.winstonswish.org.uk

Cruse Bereavement UK: 07071780610 National Helpline: 0844 477 9400 www.crusecumbria.org.uk

Smart phone APP: Calm Harm, Stem4