

Did you know ...?

1 in 6

children aged 5-16 likely to have a mental health problem

50%

of all mental health problems start by the age of 14 **75%**

of young people with mental health problems aren't being treated

This means...

Five children in a classroom of 30 are likely to have a mental health problem.

In the last three years, the likelihood of young people having a mental health problem has increased by 50%. In 2017, one in nine children was likely to have a mental health problem, now it's one in six.

Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change and fluctuate on a daily basis and over time, and can be

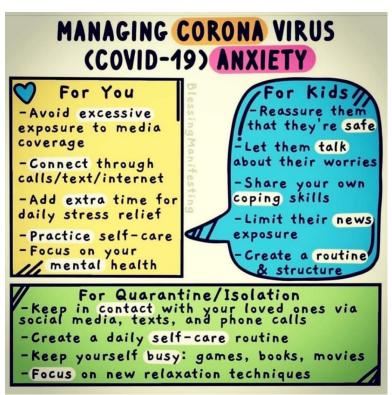
affected by a range of factors. It is really important to take the time to look after your mental health.

Good mental health among children:

When children have good levels of wellbeing it helps them to:

- learn and explore the world
- feel, express and manage positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage, change, setbacks and uncertainty
- develop and thrive.

When children look after their mental health and develop their coping skills it can help them to boost their resilience, self-esteem and confidence. It can also help them learn to settle themselves,



feel calm, and engage positively with their education - which can, in turn, improve their academic attainment.



At school we help children develop social and emotional skills, providing them with the coping skills and tools they need to understand and manage their thoughts, feelings, behaviour, goals and relationships; as well as thrive, be self-aware, have confidence and be able to work in a team.

If you think that your child is suffering with mental health concerns please come to talk to us at school.

Below is also a list of different helplines and websites to support both you and your child.



Websites and resources for children:

Speak Out Stay Safe Programme - a free helpline with specially trained volunteers for children in primary school.

The helpline number is 0800 1111

Childline - a free, private and confidential service for children and young people - online, on the phone, anytime.

The free phone number is 0800 1111 https://www.childline.org.uk/

Young Minds - information for young people and children about mental health and emotional wellbeing https://youngminds.org.uk/

Websites and resources for parents and carers:

YoungMinds Parents' Helpline is a free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Reliable information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25.

The parents' helpline number is 0808 802 5544

https://youngminds.org.uk/find-help/for-parents/

MindEd for Parents: Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand and support your child.

https://mindedforfamilies.org.uk/



"Be yourself, because the people who mind don't matter. And the people that matter, don't mind."

– Dr. Seuss