



Mental Health and Well-being



Information for Parents

At Teagues Bridge Primary, we are committed to supporting the emotional health and well-being of our pupils and staff. We know that everyone experiences challenge in their lives at some point or another. This can make us vulnerable and anyone of us may need additional emotional or mental support to overcome testing times. Mental health can affect you and the first step is to talk to someone. Everyone has experienced such difficult times over the past year and you are not alone.

What is mental health?

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.”

www.mentalhealth.gov/basics/what-is-mental-health

The Facts:

- One in ten 5 to 16yr-olds has a mental disorder.
- At least 3% of children suffer from anxiety disorders, but relatively few are referred for treatment.
- Nearly 80,000 children and young people suffer from severe depression. Over 8,000 children aged under ten years old suffer from severe depression.

Common Emotional Problems:

Anxiety:

Having anxiety produces the feeling of insecurity or fear. It can be very unpleasant, and your child may struggle with one or many of the horrible effects it can have, such as: hyperventilating, rapid heart rate, dizziness, trembling, nausea, stomach aches, headache, bed wetting, difficulty with sleeping and nightmares.

Child Anger:

As children manage and make sense the world around them, they can experience challenges, these are likely to upset them and can result in them feeling angry. Anger is an important emotion and will guide children to understand when situations are unfair or not right.

However, anger can become an issue when it appears on a regular basis and becomes out of control or aggressive.

Childhood Depression:

Children display a wide range of emotion; they may have periods when they are feeling sad and this is perfectly normal. Depression is a sustained period of a 'low mood' and aversion to activity. When troubling or low feelings do not go away, overwhelming them and stopping them from their normal routines.

Who can help me and my child?

- The School Nurse
- G.Ps
- Paediatricians
- Family support workers
- Counsellors/therapist

Useful Links:

www.younminds.org.uk

www.mentallyhealthyschools.org.uk

NHS: www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/

BEAM: www.search3.openobjects.com/kb5/shropshire/fid/results.page?qt=beam&term=&familychannel=0&sorttype=relevance

www.kooth.com

www.childline.org.uk

<https://www.childbereavementuk.org/>