

Children's Emotional Health and Wellbeing



Mental Health and Stigma





What do we mean by mental health and wellbeing?



Ability to develop



Be aware of others and empathise with them



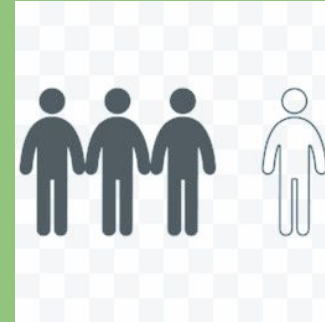
Personal relationships



Play and learn



Moral sense of right and wrong



Use and enjoy solitude



Face and resolve problems and setbacks

Good mental health in children helps them to develop resilience and grow into healthy, well-rounded adults. Factors that can contribute to good mental health include:



Good physical health,
balanced diet and regular
exercise



Part of a family that gets
along well most of the
time



Time and freedom to play

Going to a school
that looks after the
wellbeing of all
pupils



Taking part in local
activities for
children

Other important factors include:



Feeling loved, trusted,
understood, valued and safe.



Being interested in life
and having
opportunities to enjoy
themselves



Being optimistic and
hopeful



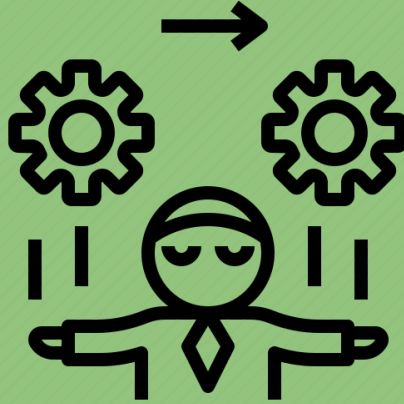
Being able to learn and
have opportunities to
succeed.



Accepting who they
are and recognising
what they are good
at



Sense of belonging in their family, school and community.



Feeling they have some control over their own life.



Having the strength to cope when something is wrong (resilience) and the ability to solve problems.

Optimal mental well-being

Example: a person who experiences a high level of mental well-being despite being diagnosed with a mental illness

Example: a person who has a high level of mental well-being and who has no mental illness

Maximum mental illness

Example: a person experiencing mental illness who has a low level of mental well-being

Minimum mental illness

Example: a person who has no diagnosable mental illness who has a low level of mental well-being

Minimal mental well-being

Risk and protective factors for CYP's mental health

RISK FACTORS

- ✗ Genetic influences
- ✗ Low IQ and learning disabilities
- ✗ Specific development delay
- ✗ Communication difficulties
- ✗ Difficult temperament
- ✗ Physical illness
- ✗ Academic failure
- ✗ Low self-esteem

- ✗ Family disharmony, or break up
- ✗ Inconsistent discipline style
- ✗ Parent/s with mental illness or substance abuse
- ✗ Physical, sexual, neglect or emotional abuse
- ✗ Parental criminality or alcoholism
- ✗ Death and loss

- ✗ Bullying
- ✗ Discrimination
- ✗ Breakdown in or lack of positive friendships
- ✗ Deviant peer influences
- ✗ Peer pressure
- ✗ Poor pupil to teacher relationships

- ✗ Socio-economic disadvantage
- ✗ Homelessness
- ✗ Disaster, accidents, war or other overwhelming events
- ✗ Discrimination
- ✗ Other significant life events
- ✗ Lack of access to support services



Child



Family



School



Community

- ✓ Secure attachment experience
- ✓ Good communication skills
- ✓ Having a belief in control
- ✓ A positive attitude
- ✓ Experiences of success and achievement
- ✓ Capacity to reflect

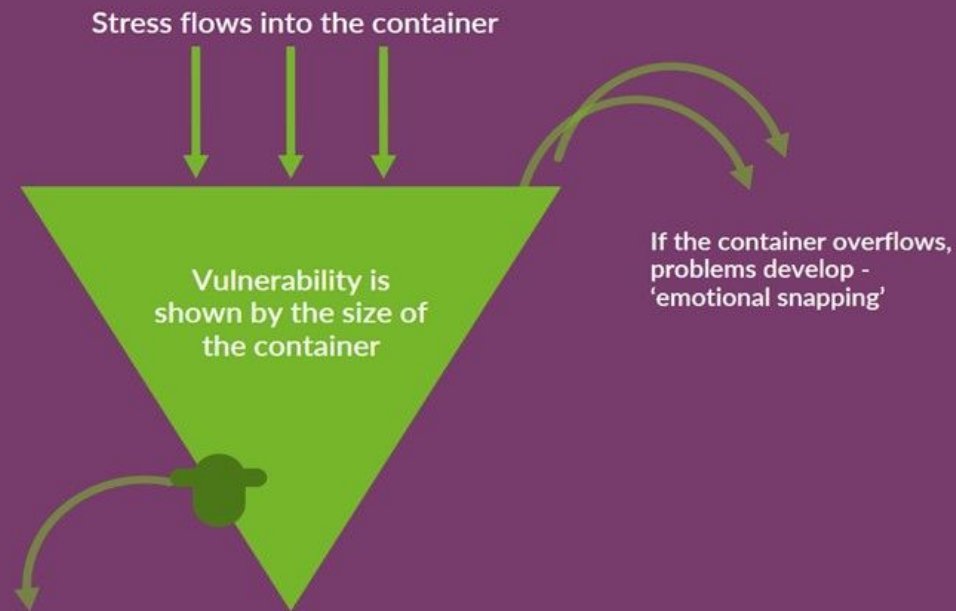
- ✓ Family harmony and stability
- ✓ Supportive parenting
- ✓ Strong family values
- ✓ Affection
- ✓ Clear, consistent discipline
- ✓ Support for education

- ✓ Positive school climate that enhances belonging and connectedness
- ✓ Clear policies on behaviour and bullying
- ✓ 'Open door' policy for children to raise problems
- ✓ A whole-school approach to promoting good mental health

- ✓ Wider supportive network
- ✓ Good housing
- ✓ High standard of living
- ✓ Opportunities for valued social roles
- ✓ Range of sport/leisure activities

PROTECTIVE FACTORS

What's in your Stress Container?



Unhelpful coping strategies = tap blocked, so stress fills container and overflows

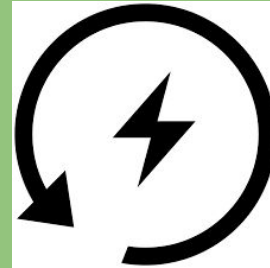


MHFA England

When does a change in mental health become an illness?



Time



Severity



Impact

Why is supporting mental health and wellbeing important?



cognitive ability



Emotional health and wellbeing



development



Social health and mental wellbeing



Physical health



Connect ideas

- talk to friends and family
- help a friend or neighbour
- eat a meal with family
- make a new friend
- say hello
- bake some cakes and share them



Keep active ideas

- dance to your favourite song
- walk a dog
- hula hoop
- join a sports team
- play a game in the playground
- walk or cycle to school
- help in the garden
- run a race with friends
- make up your own sport



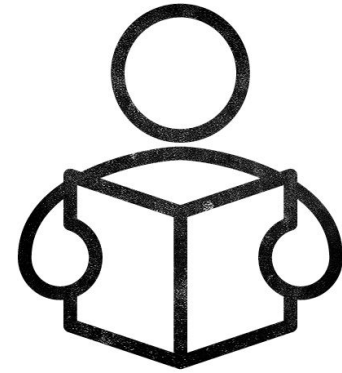
Take notice ideas

- look what you can see out of your window and how it changes
- paint or draw a picture of what you've seen today
- think about how you are feeling today
- listen to the sounds of nature like the wind and rain
- play I spy
- notice how your friends or family are feeling today



Keep learning ideas

- learn a new word each day
- visit a museum or art gallery
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- study an animal or bug
- visit a new place
- write a story or song



Give ideas

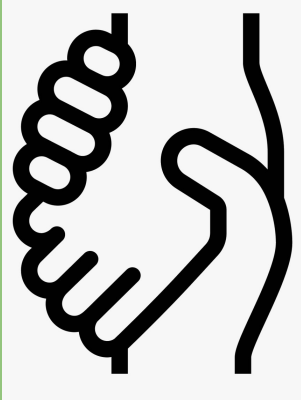
- smile and say thank you
- make a homemade present or card for no reason
- hold a door open for someone
- give someone you love a hug
- send your old toys to a charity shop
- share with others
- help around the house - wash the dishes or do some dusting
- listen to someone else and how they are feeling



Other ideas to promote wellbeing and good mental health:



Talk about your feelings



Ask for help



Take a break



Eat well

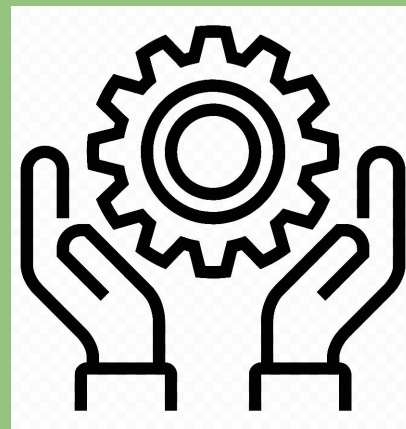
When a child is distressed?



Reduce the amount of talking/language you are using



They may need physical space and space to think/process



Suggest a calming strategy they know how to use

Where can you seek advice and support?

School – the class teacher would always be your first point of contact. If your child has SEND needs then you may wish to discuss your concerns with Mrs Hughes, SENDCO. If you have spoken to the class teacher and you are still concerned then do contact me (Mrs O'Donovan, Assistant Head of Inclusion, via the school office. There are links and information on the school website under: Information for Parents – Keeping Healthy

Mindworks – Surrey's Children and Young People's Emotional Wellbeing and Mental Health Service:

<https://www.mindworks-surrey.org/our-services/access-and-advice> or Access and Advice team on 0300 222 5755 (8am – 8pm Monday to Friday and 9am – 12pm Saturday. The service is not open on bank holidays)

Young Minds – www.youngminds.org.uk