


Supporting Students with Mental Health

Updated during
Covid- 19



TO LEARN TO ACHIEVE

Good self care for all	Some early concerns	Growing concerns	Bigger concerns
<p>Some basic self care advice</p> <ol style="list-style-type: none"> 1. Connect 2. Be Active 3. Take Notice 4. Learn 5. Give <p><u>Coping with these unusual circumstances</u></p> <p>BBC bitesize wellbeing support www.bbc.co.uk/bitesize/support</p> 	<p>Some websites for self help tips</p> <p>Young Minds www.youngminds.org.uk</p> <p>Kooth www.kooth.com</p> <p>Health for Teens www.healthforteens.co.uk</p> <p>Anxiety support app-ThinkNinja</p> <p>Mindfulness Apps</p> <p>Calm www.calm.com/</p> <p>Headspace www.headspace.com/</p> <p><u>10 NHS tips if you are worried about covid-19</u></p>	<p>Access some professional web services online and text.</p> <p>Chat Health Text 07520 615382 Mon-Fri 9am-5pm www.kooth.com Mon-Fri 12pm –10pm Sat-Sun 6pm–10pm www.themix.org.uk Email, text, Call 0808 808 4994 11am-11pm</p> <p>Let’s Talk Wellbeing (over 16) Google “Let’s Talk Wellbeing Leicestershire”</p>	<p>Talk to your tutor, Head of Year or SENDCO who will be able to direct you to appropriate services who are still running remotely.</p> <p>Head of Year will refer the student to the school nurse, the counsellor.</p> <p>Students and parents should also contact their GP or NHS 111.</p> <p>Qualified private counsellors or psychotherapists can be found at www.bacp.co.uk</p> <p>In severe mental health situations students and parents should go to A&E or call 999.</p>

Supporting Parents and Carers during Covid-19



Bosworth
Academy

TO LEARN TO ACHIEVE

Organisation	Contact Details
NHS: Advice for everyone on Coronavirus	www.nhs.uk/conditions/coronavirus-covid-19/
Mind: Confidential support for people with mental health problems	www.mind.org.uk Phone: 0300 123 3393 (Mon-Fri 9am-6pm)
Samaritans: confidential support for people experiencing feelings of distress or despair	Phone 116 123 (free 24 hour helpline) www.samaritans.org.uk
UAVA: support for anyone who has been affected by domestic abuse and or sexual violence	Phone 0808 80200 28 (Mon- Sat 8am-8pm) Text support: 07715 994962
Talk to Sort Mediation: supports families to resolve conflict	www.thebridge-eastmidlands.org.uk/services/talk2sort or contact Bosworth Academy MLT (mlt@bosworthacademy.org.uk)
Childline: supporting children and young people with a variety of issues with 1 to 1 counsellors & online support	www.childline.org.uk Freephone: 0800 1111

Diet & Exercise and Wellbeing- Scientific Proof!

A healthy 'mediterranean style' diet can reduce depressive episodes as much as CBT therapy.

Moderate exercisers are 30% less likely to have a depressive episode.

Aerobic exercise increase the size of the part of the brain responsible for memory.

Being sedentary causes depression.

Move more to feel great!

Strategies for Dealing with Anxiety



TO LEARN TO ACHIEVE

Question your thought patterns

Negative thoughts can take root in your mind and distort the severity of the situation. One way is to challenge your fears, ask if they're true, and see where you can take back control.

Go for a walk or do some light exercise

Sometimes, the best way to stop anxious thoughts is to walk away from the situation. Taking some time to focus on your body and not your mind may help relieve your anxiety. It also releases feel good chemicals which combats some of the anxiety symptoms

Practice focused, deep breathing

Try breathing in for 4 counts and breathing out for 4 counts for 5 minutes total. By evening out your breath, you'll slow your heart rate which should help calm you down.

Identify and learn to manage your triggers

This can be tricky and it is good to let others help you work this out. It could be certain social situations or certain lessons. When you work this out, you can then attempt some other strategies for managing the situation.

Write down your thoughts

Writing down what's making you anxious gets it out of your head and can make it less daunting.

Look after yourself

Exercising regularly, eating balanced meals, getting enough sleep, and staying connected to people who care about you are great ways to stave off anxiety symptoms.

Speak to your GP for further support

Or check out the Bosworth signposting poster for other support services

Strategies for Dealing with Depression



TO LEARN TO ACHIEVE

Stay in Touch

Don't withdraw from life. Socialising can improve your mood. Keeping in touch with friends and family means you have someone to talk to when you feel low.

Feel like life isn't worth living, get help straight away:

Contact Samaritans 24 hours a day on 116123
Call your GP & ask for an emergency appointment or call 111 or 999.

Be more active

Take up some form of exercise. There's huge amounts of evidence that exercise can help lift your mood. If you haven't exercised for a while, start gently by walking for 20 minutes a day.

Have a routine

When people feel down, they can get into poor sleep patterns, staying up late and sleeping during the day. Try to get up at your normal time and stick to your routine as much as possible.

Face your fears

Don't avoid the things you find difficult. When people feel low or anxious, they sometimes avoid talking to other people. Facing up to a situation will help them to become easier.

Try to eat a healthy 'mediterranean style' diet

Eating a healthy diet rich in fruit, vegetables and omega 3 foods such as tuna and nuts is proven to help improve mood. You may not feel like eating these foods but they will help you.

Improving my sleep hygiene

Sleep hygiene is a variety of habits and practices that are necessary for quality sleep and daytime alertness

Try and go to bed and wake up at the same time every day.

Limit daytime naps

Create a relaxing bedtime routine. The more you do this, the more your body will gradually wind down.

Avoid stimulants such as nicotine and caffeine before bedtime

Exercise to promote quality sleep

Avoid heavy, rich or fatty foods close to bedtime but don't go to bed very hungry.

Try and get outside in the daytime to expose yourself to natural daylight.

In the evening limit your exposure to bright lights such as phone screens. Put it on night mode!

Make your bedroom relaxing and pleasant.