

## **Mental health and Well being**

“Mental health is defined as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” World Health Organisation (WHO)

Generally well being is about our thoughts, feelings, emotions and ability to react to life. A good sense of wellbeing is feeling ok and the ability to cope when life or situations are challenging. Sometimes our wellbeing is affected by things beyond our control like illness, a stressful situation or crisis. When our wellbeing is affected we don't feel able to cope and this can lead to mental health concerns, sadness, depression or unhelpful thoughts that can stop us from enjoying and coping with life.

### **Over the course of their education, children spend over 7,800 hours at school!!**

With such a huge amount of time spent in the classroom, our school environment provides an ideal opportunity for promoting positive wellbeing and identifying early behaviour changes and signs of mental distress. The social and emotional skills, knowledge and behaviours that young people learn in school can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives.

Positive wellbeing is a clear indicator of academic achievement, success and satisfaction in later life.

As a school we have set out a clear provision map that is continually monitored and updated with relevant practices to aid both students and families in achieving a positive mental wellbeing. We also work with a number of external agencies to ensure the correct level of support is provided beyond the school environment.

### **When do we cover mental health in our curriculum at Rokeby?**

At Rokeby, we cover mental health through our embedded RSHE curriculum with students in a range of ways:

- Lesson topics
- Weekly Thought for the Week / P4C
- Extended registration

## **Top Tips for Supporting Mental Health**

### **Connect**

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email or a social media message.
- Speak to someone new.
- Ask how someone's weekend was and really listen when they tell you.

### **Be active**

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at the weekend
- Walk into work / school – perhaps with a friend – so you can 'connect' as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a sporting activity
- Do some 'easy exercise', like stretching, before you leave for work / school in the morning

### **Take notice**

Reminding yourself to 'take notice' can strengthen and broaden awareness. Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your home or workspace
- Have a 'clear the clutter' day
- Take notice of how your peers or colleagues are feeling or acting
- Take a different route on your journey to or from work or school
- Visit a new place for lunch

### **Learn**

Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Why not learn something new today? Here are a few more ideas:

- Find out something about your peers or colleagues
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word.

## **Give**

Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

## **Talk openly about mental health**

Just as you might encourage people you care about to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself), talk openly about, for example, staying connected with others or being physically active in order to take care of our minds.

## **Childline**

0800 1111

[childline.org.uk](http://childline.org.uk)

Free 24-hour helpline for children and young people in the UK.

## **CAMHS Crisis Number**

Child and Adolescent Mental Health Services

0800 073 0066

7 days a week, 10am-10pm

## **The Mix**

[themix.org.uk](http://themix.org.uk)

Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our [moderated discussion boards](#) and [live chat room](#).

## **NSPCC**

Helpline (adults): 0800 800 5000

Helpline (children and young people): 0800 1111

[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

[nspcc.org.uk](http://nspcc.org.uk)

Specialises in child protection and the prevention of cruelty to children.

## **Papyrus**

Helpline: 0800 068 41 41

[papyrus-uk.org](http://papyrus-uk.org)

Charity for the prevention of young suicide, offering confidential support and awareness training.

## **Parenting and Family Support- Family Lives (formerly Parentline Plus)**

Helpline: 0808 800 2222

[familylives.org.uk](http://familylives.org.uk)

Support to anyone parenting a child.

## **Samaritans**

24-hour helpline: 116 123 (freephone)

[jo@samaritans.org](mailto:jo@samaritans.org)

[samaritans.org](http://samaritans.org)

Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, Stirling, FK8 2SA.

Emotional support for anyone feeling down, experiencing distress or struggling to cope.

**Youth Access**

020 8772 9900

[youthaccess.org.uk](http://youthaccess.org.uk)

Information on youth counselling.

**Young Minds**

020 7089 5050 (general enquiries)

0808 802 5544 (parents helpline, for any adult with concerns about the mental health of a child or young person)

[youngminds.org.uk](http://youngminds.org.uk)

National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people.

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