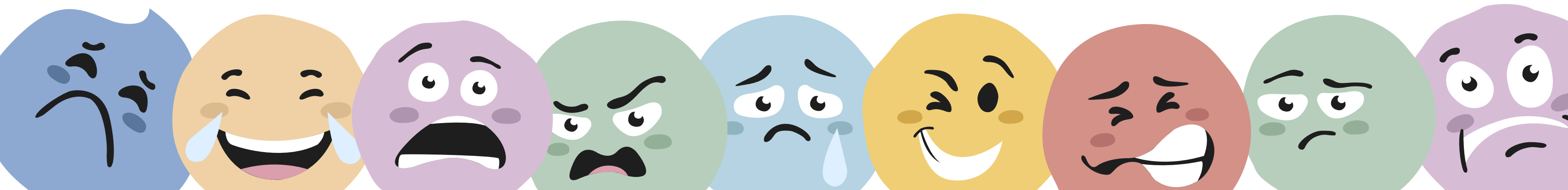
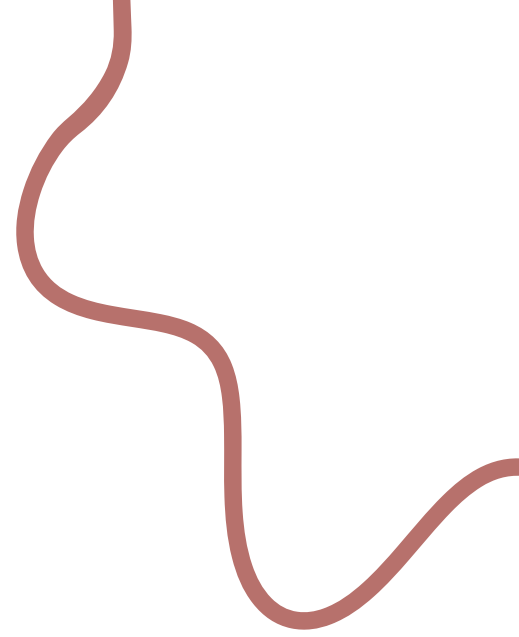
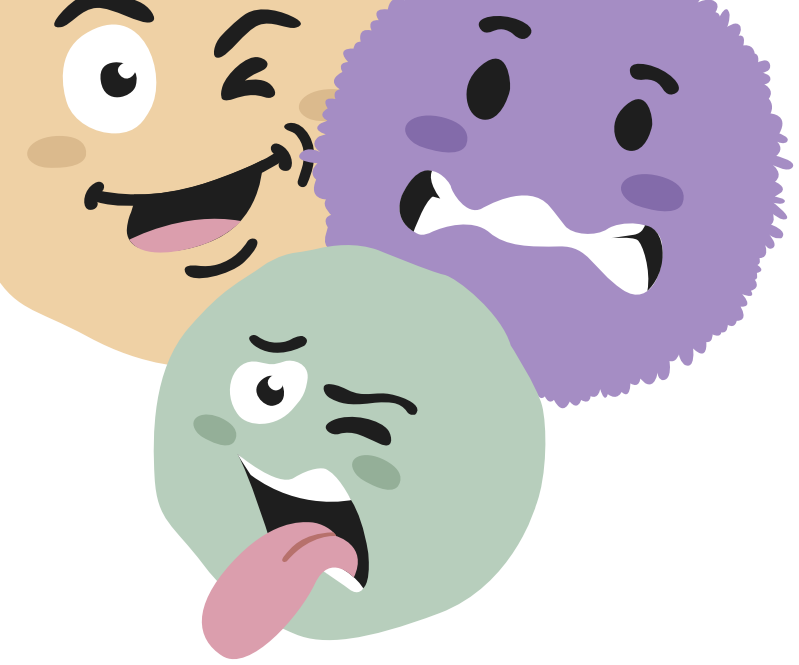


CHILDREN'S MENTAL HEALTH WEEK 2025





WELCOME

Housing keeping

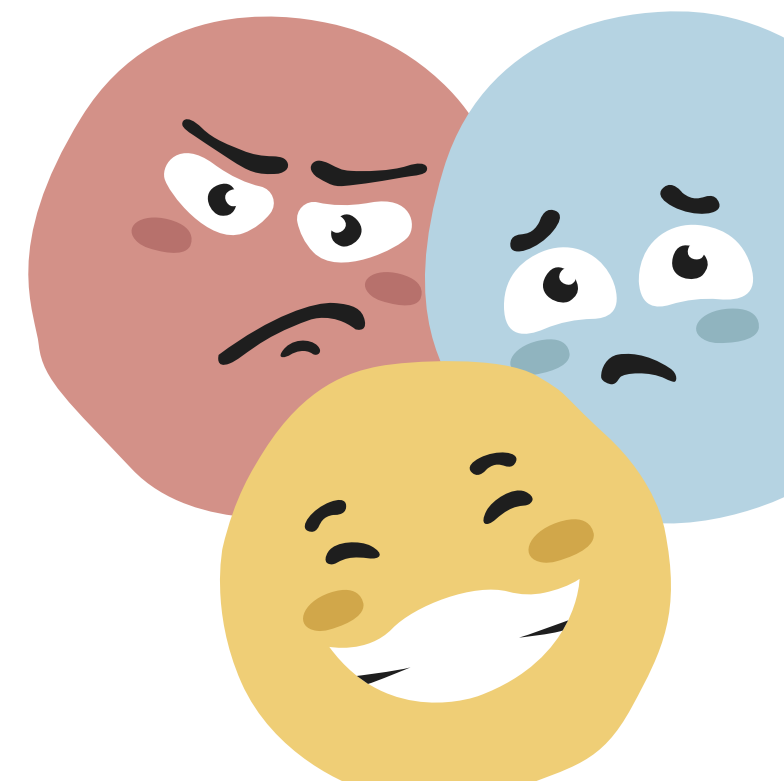
-Fire alarm

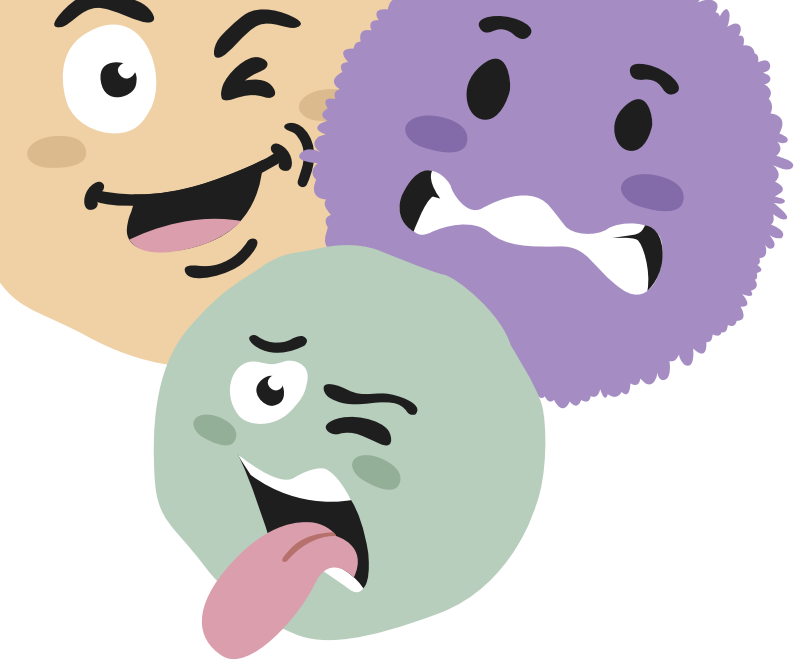
-Toilets

-Phones

-Pictures

-Disclaimer





Meet our Mental Health & wellbeing team



Mrs. Cheetham



Miss Pilling



Mrs. McEntee



Miss Bickerton



Mr. Kennedy



Mrs. Wilburn

Mental Health at varna

Our promise: we will always listen, give support and take action.

REMEMBER!
IT'S ALWAYS OK TO FEEL...

- sad
- Angry
- Upset
- Worried
- confused

IF YOU NEED SOMEONE TO TALK TO ABOUT YOUR FEELINGS YOU CAN SPEAK TO ANY TRUSTED ADULT OR MEMBER OF OUR MENTAL HEALTH TEAM.

YOU CAN ALSO USE YOUR CLASSROOM WORRY BOX

5 WAYS TO WELLBEING

CONNECT
Spend time with others - in school, at home, in the community.

BE ACTIVE
Moving helps you feel good. Find an activity you enjoy and give it a try.

GIVE
Help others by being kind. A simple smile or 'thank you' can make a big difference.

KEEP LEARNING
At home or school - Learn something new / try something different.

TAKE NOTICE
Be aware of the world around you. What can you see, hear and feel?

IMPORTANT WEBSITES AND PHONE NUMBERS

- Childline 0800 1111
- NSPCC Helpline 0808 800 5000
- Greater Manchester Mental Health Service 24hr Helpline -0800 953 0285
- Place2Be <https://www.place2be.org.uk/>
- Young Minds <https://www.youngminds.org.uk/>

OUR MENTAL HEALTH & WELLBEING TEAM

Mrs. Cheetham

Miss Pilling

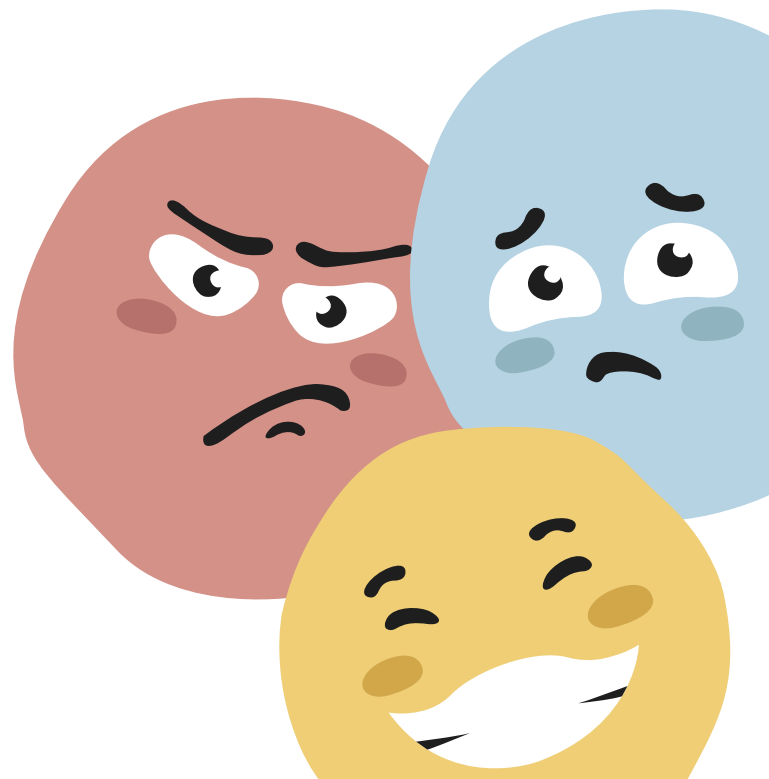
Mrs. McEntee

Miss Bickerton

Mr. Kennedy

Mrs. Wilburn

We are a rights respecting school
 Article 12 The right to be listened to | Article 9 The right to be safe | Article 24 The right to be healthy | Article 28 The right to education | Article 29 The right to become the best we can be | Article 31 The right to relax and play | Article 37 -The right to be treated fairly |



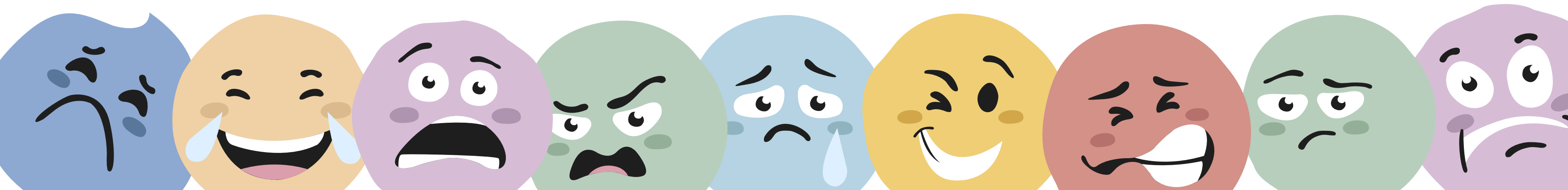


What is childrens mental health week?

Children's Mental Health Week was launched by children's mental health charity, Place2Be in 2015.

The week exists to raise awareness & understanding of mental health, and to give a voice to all children and young people in the UK.

This year, Children's Mental Health Week is focussing on Know Yourself, Grow Yourself. Our children have been completing activities each day focused on identifying their own feelings and emotions.



COMMON MENTAL HEALTH ISSUES IN CHILDREN



Anxiety disorders (e.g. separation anxiety, social anxiety)



Depression in children



Attention Deficit Hyperactivity Disorder (ADHD)



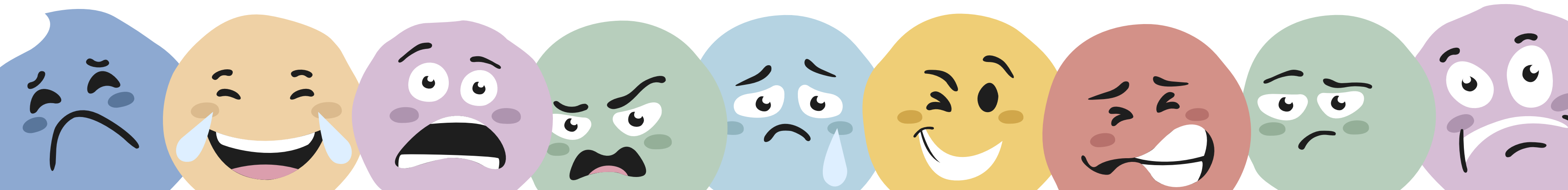
Autism Spectrum Disorder (ASD)



Other mental health issues (e.g. OCD, PTSD, eating disorders)

Facts & Figures

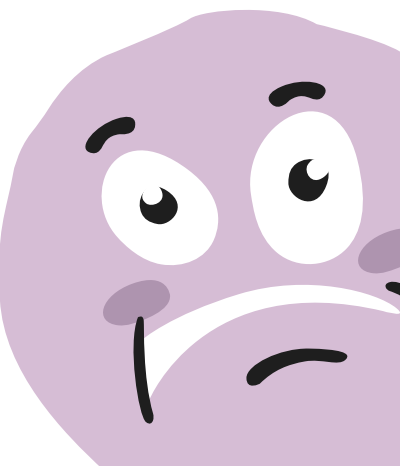
- 1 in 5 children experience mental health difficulties– around 5 children in every classroom.
- **Half of mental health issues develop by age 14**
- 1 in 10 boys aged 5–19 with a mental health condition are suspended in some form from school
- **420,000 children and young people in England are treated for mental health problems every month.**
- Children and young people with mental health difficulties go an average of 10 years between becoming unwell and getting help.
- **The most common mental health problems among young people are emotional disorders, including anxiety and depression.**
- Among 8 to 16 year olds, rates of mental disorders were similar for boys and girls, while for 17 to 25 year olds, rates were twice as high for young women than young men.
- **More than 1 in 4 children aged 8 to 16 years (26.8%) with a mental disorder had a parent who could not afford for their child to take part in activities outside school or college.**





WHAT CAN IMPACT A CHILD'S MENTAL HEALTH?

- having a long-term physical or mental illness
- a parent who has had mental health problems
- Alcohol and substance misuse in the home.
- The death of someone close to them
- Parental separation or divorce
- Experiencing severe bullying or physical or abuse
- Poverty or homelessness
- Experiencing discrimination
- Caring for a relative, taking on adult responsibilities (young carer)
- Having long-lasting difficulties in education



Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

Five ways to wellbeing

connect

Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.

Be Active

Do something active with your family or friends like going for a walk or playing a game that gets you moving.

Take notice

Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.

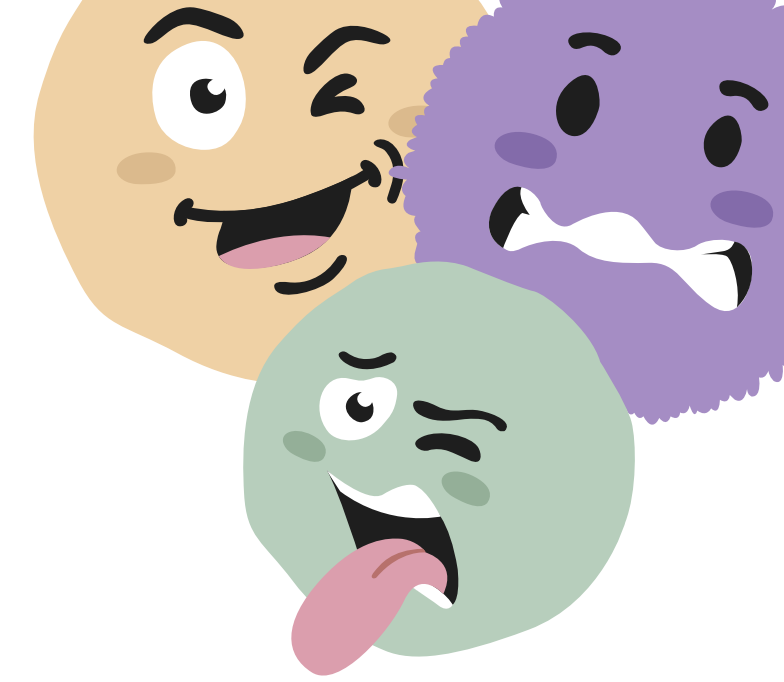
Keep Learning

We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.

give

Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!

WHAT CAN I DO IF I THINK MY CHILD NEEDS MORE HELP?



	 https://www.42ndstreet.org.uk/	
	 https://www.manchestermind.org/	
	 https://www.gmmh.nhs.uk/child-and-adolescent/	
	 https://www.youngminds.org.uk/	
	 https://www.childline.org.uk/	
	 https://www.place2be.org.uk/	
	 https://www.nspcc.org.uk/	

