

**URSULINE HIGH
SCHOOL
Parent Workshop**

**Mental
Health,
Anxiety and
Low Mood**



Mental Health

On your white boards:

What factors do you believe to have an impact on young peoples well-being?

1. Diet
2. Support
3. Sense of belonging
4. Relationships
5. Trauma



Emotional Wellbeing

- Emotional wellbeing describes your **mental state** - how you are feeling and how well you can cope with day-to-day life.
- Our emotional wellbeing is **dynamic**. It can change from moment to moment, day to day, month to month or year to year.

Our emotional wellbeing is as important as physical wellbeing



What does good mental health look like?

If young people have good mental health, you are able to:

feel relatively **confident** in themselves and have positive self-esteem

feel and **express** a range of emotions

build and maintain **good relationships** with others

feel **engaged** with the world around them

have a balance between work, play, rest and activity

cope with the **stresses** of daily life and bounce back

adapt and manage in times of change and uncertainty

5 Ways to Wellbeing

Connect



TALK & LISTEN,
BE THERE, FEEL
CONNECTED

Be active



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Take notice



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

Keep learning



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Give



YOUR TIME,
YOUR WORDS,
YOUR PRESENCE



Self-harm

Self-harm usually means injuring oneself deliberately. It gives a visible sign that something is 'not OK'. It can be confused with attention-seeking behavior but **it is attention-needing behavior**. A young person may self-harm to feel more in control, to help them cope with negative feelings, or to punish themselves.

How might this look for young people today?

What do you do?

Possible forms of Self-harm

Self harm can include:

- Cutting
- Friction burns
- Pulling out hair/eyelashes/eyebrows
- Punching something
- Hitting head on something
- Taking more medication than needed/prescribed
- Consuming toxic substances

Eating disorders

Some young people may struggle with their weight or bodies, experience cravings, or comfort eat, but people with eating disorders become so worried about their diet and body they are unable to think about anything else.

What affect might this have on young people today?

What outside factors influence young people?

What are the signs to look out for?

What do you do?

Anxiety

Anxiety becomes a mental health problem when someone finds they are feeling anxious all or most of the time, to the extent that they are not able to do the things they would like to, or would normally do.

A panic attack is when these feelings of anxiety become intense and overwhelming. The person will normally experience physical symptoms including shortness of breath, sweating, an increased heartbeat or blurry vision.

How might this look for young people today?

What do you do?

Low Mood

Everyone feels low or down from time to time. It does not always mean something is wrong. Feeling low is common after distressing events or major life changes, but sometimes periods of low mood happen for no obvious reason.

Young people may feel tired, lacking confidence, frustrated, angry and worried. But a low mood will often pass after a couple of days or weeks.

How could you recognize the difference between angst and depression?
What can you do to support?

What can you say and do?

1. Set time aside with no distractions

It is important to provide an open and non-judgmental space with no distractions.

2. Let them share as much or as little as they want to

Let them lead the discussion at their own pace. Don't put pressure on them to tell you anything they aren't ready to talk about. Talking can take a lot of trust and courage. You might be the first person they have been able to talk to about this.

3. Don't try to diagnose or second guess their feelings

You probably aren't a medical expert and, while you may be happy to talk and offer support, you aren't a trained counsellor. Try not to make assumptions about what is wrong or jump in too quickly with your own diagnosis or solutions.

4. Keep questions open ended

Say "Why don't you tell me how you are feeling?" rather than "I can see you are feeling very low". Try to keep your language neutral. Give the person time to answer and try not to grill them with too many questions.



What can you say and do?

5. Talk about wellbeing

Exercise, having a healthy diet and taking a break can help protect mental health and sustain wellbeing. Talk about ways of de-stressing and ask if they find anything helpful.

6. Listen carefully to what they tell you

Repeat what they have said back to them to ensure you have understood it. You don't have to agree with what they are saying, but by showing you understand how they feel, you are letting them know you respect their feelings.

7. Seek professional support and consider ways to do this

Is It Normal For My Child To Spend So Much Time Online?

It can be frustrating and worrying to see your child on their computer or smartphone for what may seem like 'all the time'. It is now a major part of the ways in which young people socialise and enjoy themselves.

How should I react if my child spends a great deal of time online?
What are the risks?

Find out what they do when they are on their computer, e.g. they may be watching TV programmes rather than on the television.

Introduce times when everyone (including parents) is off the computer... mealtimes are a good start, but you might try whole days... introducing no screen time an hour before going to sleep is also a good idea.

You should certainly limit the amount of time young people spend on social media. We need to help young people get the correct balance – **homework, social media, family time, hobbies off the screen, physical exercise.**

What Can We Do?

- Limit the time spent on electronic devices and remove them in the evenings/night. – Do you know how to track screen time?
 - Iphone- settings-screen time
 - Huawei- settings-digital balance- screen time
 - Samsung- settings-device care- battery
- Know what she is doing online – open space at home for access
- Know logins and passwords- if you pay the bill- you own the phone- you are responsible for it use.
- School monitoring of devices – even at home (e-forensics)

Where Can I Get Practical Advice?

<https://www.time-to-change.org.uk/blog/mental-health-tips-parents>

<https://www.mind.org.uk/information-support/information-for-children-and-young-people-a-z/information-for-parents/#.Xefl5Oj7RPY>

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/camhs-information-for-parents-and-carers/>

<https://www.minded.org.uk/>

<https://youngminds.org.uk/>

Student support for Mental Wellbeing

At School

- Mental Health First Aiders (MHFA)

Via Head of Year

- Education Wellbeing Practitioners (EWP)
- School Nurse
- School Counsellor

Externally

- **Off The Record (OTR – Merton counselling service)**
- **Kooth (online counselling)**
- **CAMHS referral**



Mental Health First Aid

The following staff are Mental Health First Aiders and are available to talk to any student who would like support or advice on mental health.



Mrs Gilmore
Mental Health Lead



Mrs McDonnell
Head of Year 13



Ms Torode
Head of Year 10



Ms Shavers
Pastoral Assistant



Ms Andrews
Pastoral Assistant



Mrs Annesley
Student Services



Mrs Brown
Student Services/
Pastoral Assistant



Mrs Cecil
SEN Department



Mrs Lamb-Dixon
SEN Department

Off The Record Merton



Merton

Clinical Commissioning Group

Free and friendly services for young people, aged 11-25, who live in Merton (or are registered with a Merton GP).

- Face-to-face counselling(11-25 years)
- Online counselling(14-25 years)
- Walk-in counselling (no appointment needed) (14+ years)
 - Wed 3:30-5:30 Vestry Hall, 336 London Road, Mitcham
- Outreach support offer in schools and community locations
- Parent workshop (self-harm)

TALK TO US



Self-referral- (if they are under 13 years old they will need consent of a parent/carer)

Professional referral- The young person can or a referral can be made by a professional i.e. school, GP, Child and Adolescent Mental Health Service

www.talkofftherecord.org





Kooth



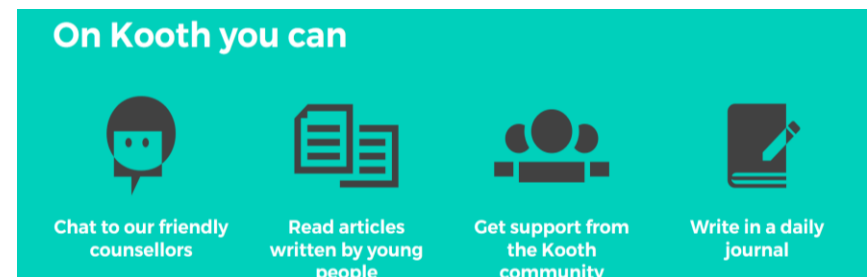
Kooth gives Young People under the age of 20 **fast, free and anonymous access to professional counsellors** with safe online support **365 days a year**.

- Online counselling and emotional well-being platform for children and young people aged 11-18
 - Counselling takes the form of an assessment session and then up to 5 follow up sessions of up to 1hr long.
- Accessible through mobile, tablet and desktop and free at the point of use (**it is not an app**).

www.kooth.com

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm



It is NOT a crisis support page. If in crisis, you should access support via A&E/Samartians.

REMINDER: If accessed through the **school tablet** what is written is **NOT confidential** as school monitors the tablets 24/7. Any safeguarding concerns will be brought to schools' attention and parents informed.

A few Do's and Don'ts : Parents:



Do listen and communicate with your teen

Young people do not tend to confide in their parents as much as they get older, so when they *do* feel like talking, really make an effort to be available and listen.

Do appreciate that their feelings are very real

Do encourage social interaction and activities with friends and family

Let them know they can talk to you anytime about anything

Don't be afraid to seek advice from mental health

professionals – They have a vast amount of experience in dealing with people suffering from mental health issues and are an excellent source to get help and advice from.