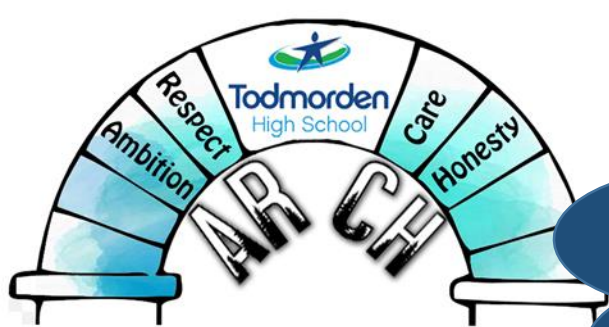


Ambition

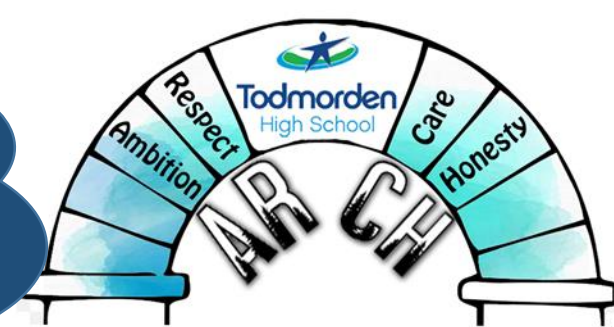
Respect

Care

Honesty



What does the term
'mental health'
mean to you?



With good mental health, children and young people do better in every way. They are happier in their families, are able to learn better, do better at school, and enjoy friendships and new experiences.

This quote is from the YoungMinds website (www.youngminds.org.uk).

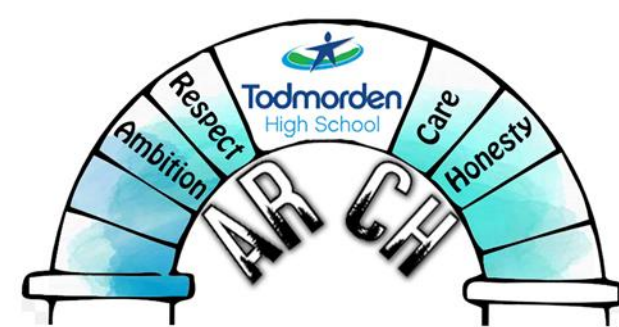
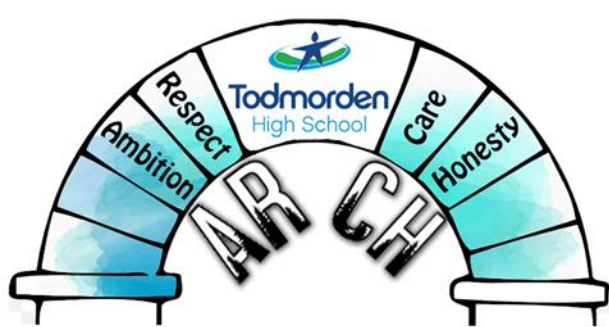


Ambition

Respect

Care

Honesty



- <https://www.youtube.com/watch?v=KYfRzAI7TQ>

4 minute film...

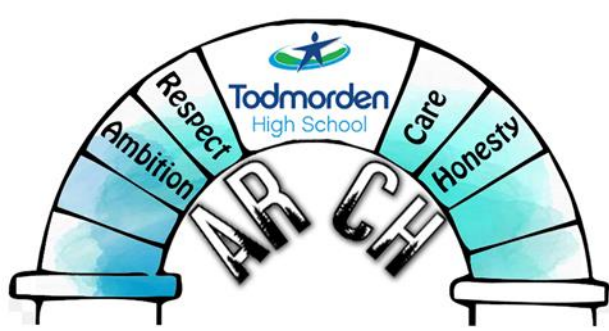


Ambition

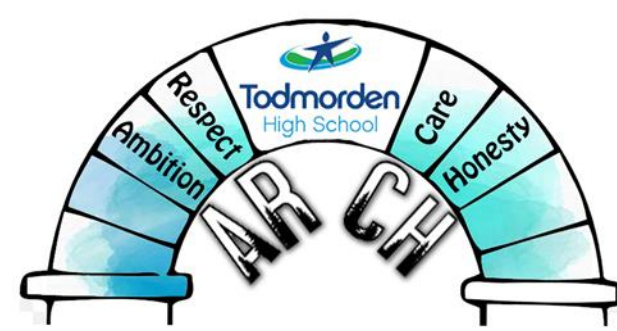
Respect

Care

Honesty



Young people's mental health – fill the gaps...



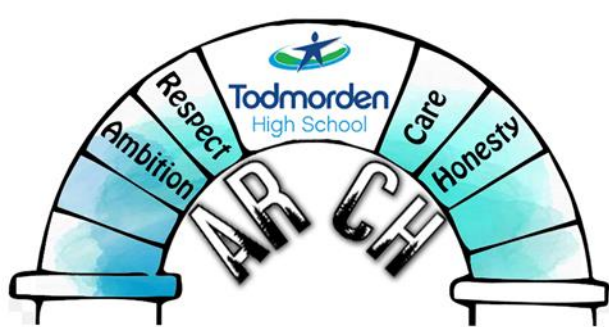
- (a) Approximately _____ children in every classroom have a diagnosable mental health disorder (and that's just the ones who have been diagnosed).
- (b) One in _____ will have two mental health problems – such as anxiety and depression.
- (c) There are approximately _____ cases of young people and adults with mental health issues in the UK today.

Ambition

Respect

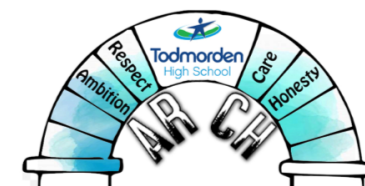
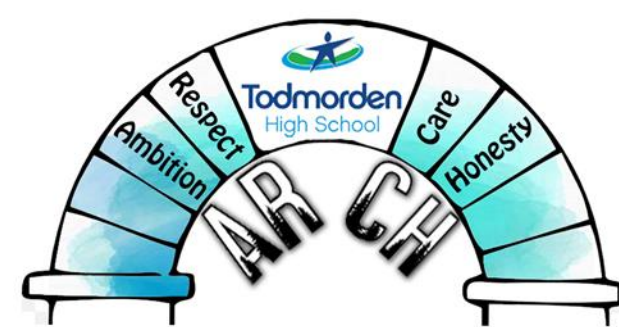
Care

Honesty



Many factors contribute to mental health problems...

- problems in the family (illness, parents separating)
- problems at school (peer pressure, bullying)
- consumerism (pressure to have money, the 'perfect body' and lifestyle) violence within communities (war, inequality).



CHANGE STARTS WITH US

Bullying doesn't fit in the ARCH zone!

Let's stamp out bullying!

If you see it happening:

- Report it to any member of staff
- Make sure the person being bullied is safe
- We'll work with the bully to help them change their ways

Ambition

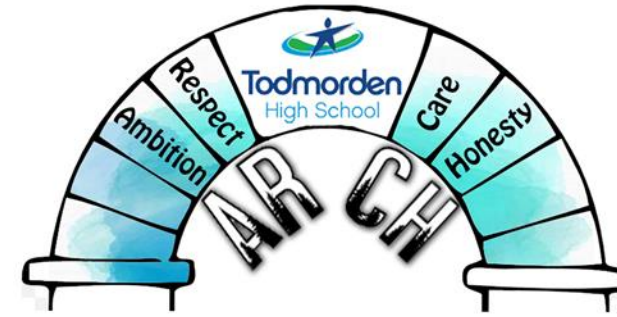
Respect

Care

Honesty

We are all individuals, we are all different and we all have different coping mechanisms in times of distress. Some of us may shout and stomp our feet, some of us may cry and some of us may struggle to socialize with our friends or commit to our responsibilities.

The thing to remember is that we are not alone; we are all part of one big community and, as a community, we can support each other and contribute to the each other's well-being in some way.



Ambition

Respect

Care

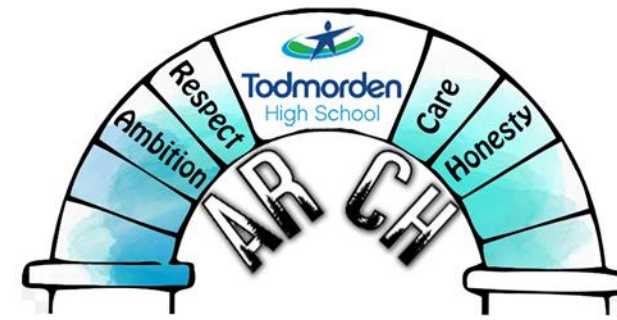
Honesty

Some of you may think it's easy to distinguish who has a mental health problem and who does not, but, unfortunately, it is not always that simple.

Many people feel too embarrassed or afraid to declare they have a problem, which makes it very difficult to help them.

Things to look out for in your friendship groups are:

- regular tearfulness
- sudden violent outbursts
- lack of confidence
- inflicting pain on themselves
- being unwilling to participate in activities.



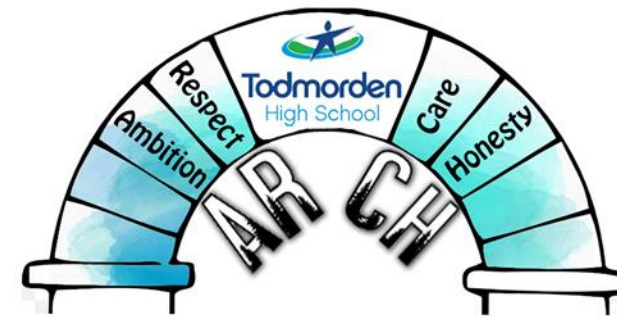
Ambition

Respect

Care

Honesty

If you see any of these signs in your friendship groups, here are some things you could do...



- ✓ ***Smile:*** A simple smile could brighten someone's day and stop them from thinking horrible thoughts and could even encourage them to socialise. It is also scientifically proven that if you pretend to smile on a regular basis, you trick your own mind into thinking you are happy. Try smiling now, do you feel happier?
- ✓ ***Remind the person that you care:*** Sometimes small acts of kindness can make people feel loved and appreciated. Isn't it great that something so small could make such a big difference? This could include sharing a game, making a card, giving someone a compliment, inviting someone to your house or even helping someone carry their bags.

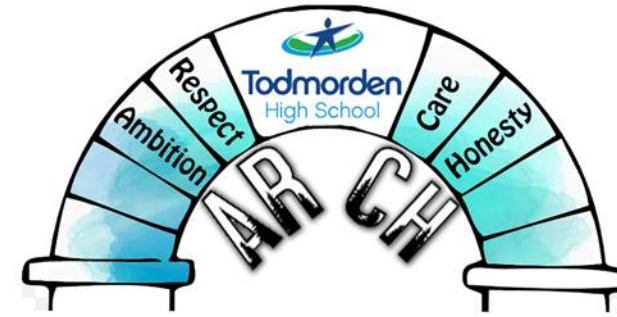
Ambition

Respect

Care

Honesty

If you see any of these signs in your friendship groups, here are some things you could do...



✓ ***Listen:*** Sometimes the best medicine is being a good listener. Talking with a friend can help them work out what is really bothering them and explore possibilities. So, if your friend is sad, ask them if they would like to talk about it.



✓ ***Be patient:*** A mental health problem is not something that will go away overnight. Managing your mental health is a journey and the journey will be a lot smoother with support from friends and family.



Ambition

Respect

Care

Honesty

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



Talk about your feelings



Keep active



Eat well



Take a break



Drink sensibly



Keep in touch



Do something you're good at



Accept who you are



Ask for help



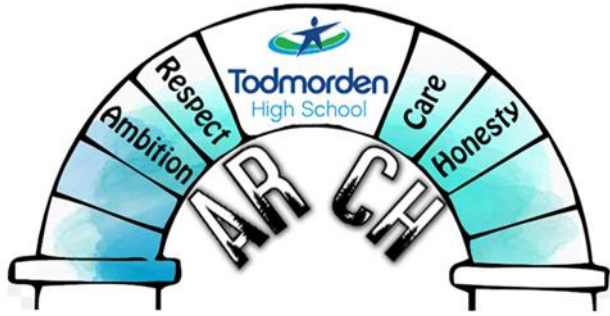
Care for others



Mental Health
Foundation

[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

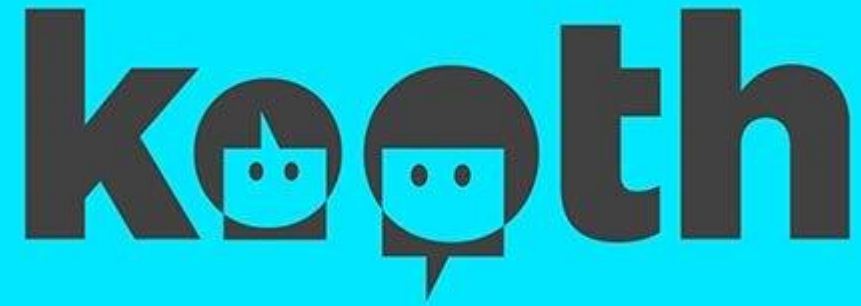
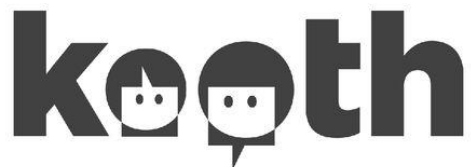
You can do loads
for yourself...
here are 10 ways
to help yourself
from the Mental
Health
Foundation...



<https://www.kooth.com/>

Kooth isn't just counselling

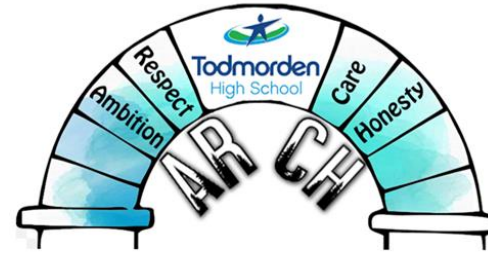
- Forums
- Self-help tools
- Messaging
- Articles
- Online games, blogs and more



Online support is available from a big range of providers... Kooth is a great resources – just look at the range of things they offer!



There are national
charities...



And more local
ones...



Open Minds
For Children and Young People in Calderdale

1. **Giving** – Do things for others

2. **Relating** – Connect with people

3. **Exercising** – Take care of your body

4. **Appreciating** – Notice the world around

5. **Trying Out** – Keep learning new things

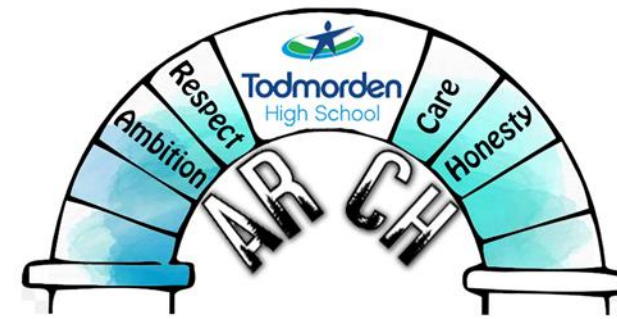
6. **Direction** – Have goals to look forward to

7. **Resilience** – Find ways to bounce back

8. **Emotion** – Take a positive approach

9. **Acceptance** – Be comfortable with who you are

10. **Meaning** – Be part of something bigger



Action for Happiness

Ambition

Respect

Care

Honesty