

Mental Health and Wellbeing

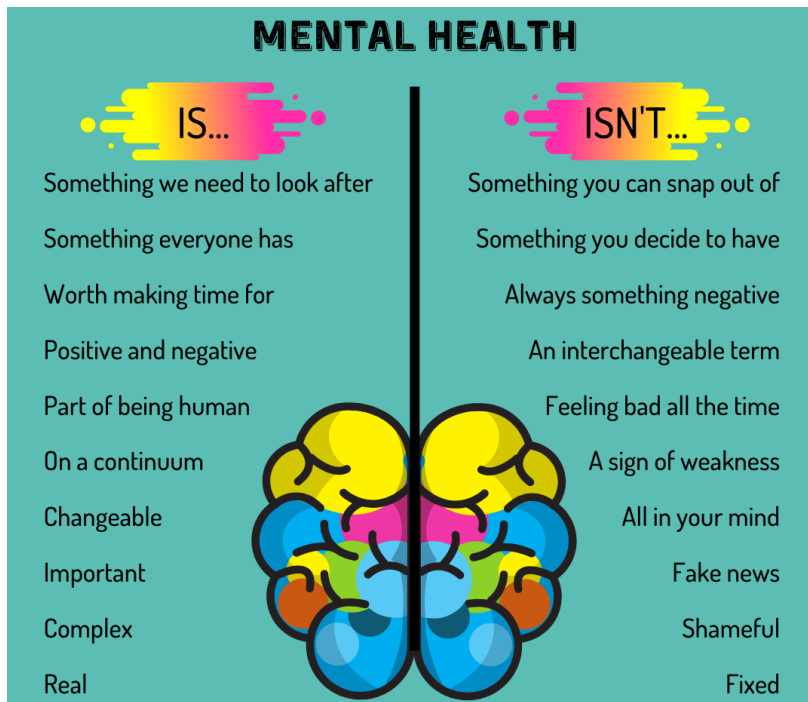
Page subtitle: What is mental health?

Mental health includes social, psychological, and emotional well-being. Mental health refers to the ability to function and deal with daily life everything it represents.

The phrase 'Mental Health' is thought to refer to mental health problems. However, some people have times when their mental health is good and times when it isn't. Mental Health can vary over time, the same as physical health.

There are many different conditions that can be seen as Mental ill health and can often be experienced by anyone at anytime in their lives. One in ten children experience mental ill health and over 50% of mental health illnesses start before the age of 14.

If you have any concerns relating to Mental Health, you can contact the school's safeguarding team for support or signposting to additional help.



Children

Sometimes your feelings and thoughts can seem overwhelming, and you may feel as though you can't cope. It might be that you are just having a bad day, or it may be that you just need a little support. The important thing is that you talk about it to someone and don't try to cope on your own.

People who care about you want to help. There are many people who you can ask for help:

- Your family – parents, carers, siblings, grandparents, aunts, uncles or cousins
- Trusted friends – your own friends, friends in the family or neighbours
- Professionals – your GP, a doctor or nurse, a social worker or a teacher

Choose who you feel most comfortable talking to. Some people feel more comfortable talking to their friends or family, however, you may wish to talk to professionals or helplines.

It can be scary sharing how you are feeling but remember a problem shared is a problem halved. You will feel better by telling someone and know that help is available.

**A problem shared is a
problem halved**

**If you tell someone about a
problem, it will be easier to deal
with it.**



Adults

If you are concerned about your own Mental Health, our school is there to support you. Please come and speak to a member of our team so that we can help you.

We have services that are available to anyone in our community, in which we can direct you to for further support and information.

Here are some helpful services available:

Sandwell Health Minds

Provides psychological therapies services for people experiencing common mental health problems such as depression, anxiety and stress. A referral via GP or contact the website directly.

www.sandwellhealthyminds.nhs.net

Black Country Wide 24/7 Telephone support: 0345 6460827

Open to residents of all ages across the Black Country and will give access to urgent mental health, learning disability and/or autism support. The helpline is manned by specialist mental health staff.

National Wellbeing Services

Young Minds – Fighting for young people’s mental health

Parenting isn’t always easy and it’s ok to ask for help/support:

www.youngminds.org.uk/parent/

Mind – A charity campaigning for everyone experiencing a mental health problem to get support and respect.

www.mind.org.uk

Samaritans – Whatever you're going through, a Samaritan will face it with you. Open 24 hours a day, 365 days a year.

www.samaritans.org 116 123 (24/7)

Murray Hall Community Trust Tipton – Providing services for families to support in general day to day life, including food, go play Sandwell and Creative Therapeutic services.

murrayhall.co.uk 01902 826513

Shout – For anyone in the UK who is struggling to cope. It is a free and confidential 24/7 text messaging service. Giving support for your mental health.

Giveusashout.org – Text SHOUT to 85258