



Did you know...?

1 in 6

children aged 5-16 likely to have a mental health problem

50%

of all mental health problems start by the age of 14

75%

of young people with mental health problems aren't being treated

This means...

Five children in a classroom of 30 are likely to have a mental health problem.

In the last three years, the likelihood of young people having a mental health problem has increased by 50%. In 2017, one in nine children was likely to have a mental health problem, now it's one in six.

Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change and fluctuate on a daily basis and over time, and can be

affected by a range of factors. It is really important to take the time to look after your mental health.

Good mental health among children:

When children have good levels of wellbeing it helps them to:

- learn and explore the world
- feel, express and manage positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage, change, setbacks and uncertainty
- develop and thrive.

When children look after their mental health and develop their coping skills it can help them to boost their resilience, self-esteem and confidence. It can also help them learn to settle themselves,

feel calm, and engage positively with their education - which can, in turn, improve their academic attainment.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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Self-Care & Mental Health

Tips for Kids

- Share your own feelings to encourage self-awareness. 
- Set aside time for low stress or solo activities. 
- Find social groups that help them feel like they belong. 
- Recognize toxic stress events. 
- Encourage journaling and writing. 
- Focus on articulating feelings. "I am angry." "I am sad." 
- Practice self-care for yourself to set the standard. 
- Encourage them to focus on the moment. 
- Cultivate interests and hobbies. 
- Establish a self-care routine. 

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At school we help children develop social and emotional skills, providing them with the coping skills and tools they need to understand and manage their thoughts, feelings, behaviour, goals and relationships; as well as thrive, be self-aware, have confidence and be able to work in a team.

If you think that your child is suffering with mental health concerns please come to talk to us at school.

Below is also a list of different helplines and websites to support both you and your child.

NOTES FOR TOUGH DAYS

- it's okay if you got nothing done, you survived today & that's the most important
- you are doing so well, be gentle with yourself
- hold on to hope that tomorrow will be brighter
- don't let your mean inner voice bully you, you are still worthy of love even at your lowest

@worrywellbeing

Websites and resources for children:

Speak Out Stay Safe Programme - a free helpline with specially trained volunteers for children in primary school.

The helpline number is 0800 1111

Childline - a free, private and confidential service for children and young people - online, on the phone, anytime.

The free phone number is 0800 1111 <https://www.childline.org.uk/>

Young Minds - information for young people and children about mental health and emotional wellbeing <https://youngminds.org.uk/>

Websites and resources for parents and carers:

YoungMinds Parents' Helpline is a free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Reliable information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25.

The parents' helpline number is 0808 802 5544

<https://youngminds.org.uk/find-help/for-parents/>

MindEd for Parents: Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand and support your child.

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



“Be yourself, because the people who **mind don’t matter. And the people that **matter**, don’t mind.”**
– Dr. Seuss