



# Safeguarding Newsletter



## MENTAL HEALTH AND WELLBEING

### WHAT IS WELLBEING?

Wellbeing [noun] is the state of being comfortable, healthy or happy. ... Even though happiness is an integral part of your personal wellness, it includes other things such as the fulfilment of long-term goals, your sense of purpose and how in control you feel in life.



### WHY IS IT IMPORTANT?

The wellbeing and mental health of a child or young person supports positive outcomes in a range of areas including performance at school or behaviour at home. If we feel content and happy, we are more likely to look after ourselves and face challenges in a more positive way. A study by Public Health England states that Mental health illnesses are a leading cause of health-related disabilities in children and young people and can have adverse and long-lasting effects in later life.

### WARNING SIGNS OF MENTAL ILLNESS IN CHILDREN

- A feeling of sadness that lasts for 2 weeks or more
- Difficulty concentrating or paying attention
- Changed in academic performance
- Loss of interest in activities they once enjoyed
- Increased irritability or anger
- Changes in sleep patterns, such as difficulty falling or staying asleep
- Changes in appetite or weight
- Withdrawing from friends and family
- Avoiding or missing school
- Unusual thoughts or beliefs reputations in the same pattern of thought and behavior
- Physical complaints, such as headaches or stomachaches, without a clear medical cause
- Self-harm or talk of self-harm
- Look for signs of drug or alcohol use



### 4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families



## Self-Care & Mental Health for Kids

Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

Focus on articulating feelings.  
"I am angry."  
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

ALL CHILDREN DESERVE THE BEST POSSIBLE START IN LIFE AND EARLY INTERVENTION CAN BE APPLIED TO A WIDE RANGE OF ISSUES FROM PRE-BIRTH TO ADULthood. DID YOU KNOW? MENTAL HEALTH SERVICES ARE FREE ON THE NHS, BUT IN SOME CASES YOU'LL NEED A REFERRAL FROM YOUR GP TO ACCESS THEM. THERE ARE SOME MENTAL HEALTH SERVICES THAT ALLOW PEOPLE TO REFER THEMSELVES TOO.