



**St Gregory's Catholic High
School Warrington**

**EMOTIONAL
HEALTH AND
WELLBEING
SUPPORT
HANDBOOK**



2024-2025



ABOUT THE GUIDE



This guide has been developed to provide mental health support for our pupils and families.

We understand that accessing outside support can take time and wait times can be long so we have created this guide to help you support your families.

It provides helpful resources, sign posting, advice and activities that you can be doing at home to support children's mental health and well being.

Here at St Gregory's, we believe in supporting our whole school community to realise their full potential, be the best they can and be able to cope with the stresses of life. To do this we work together under our Mental Health Mission Statement, which is...



Mrs O'Kane
WELL BEING COUNSELLOR AND LIFE
SKILLS COORDINATOR



Ms Garcia
WELL BEING COUNSELLOR AND HEALTH
CARE SUPPORT



MENTAL HEALTH MISSION STATEMENT



Mental health is a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.’ (World Health Organisation)

Our vision is for wellbeing and good mental health to become a strategic priority, embedded into the culture and ethos of school. We aim to promote positive mental health for every member of our staff and all pupils and to increase awareness of the importance of promoting and improving emotional wellbeing and how this connects to learning.

We pursue this aim using both whole school approaches and more specialised, targeted approaches aimed at vulnerable pupils along with equipping school staff, young people and parents with the skills and knowledge to prioritise and address wellbeing and mental health.

By developing and implementing practical, relevant and effective mental health and wellbeing policies, procedures and support, we can promote a safe and stable environment for pupils affected both directly and indirectly by mental health and wellbeing struggles.



GUIDE FOR PARENTS



When we are experiencing a particularly challenging time, we may find that we can focus on areas of our life that we can't control.

This booklet is designed to empower you to focus on what you, as a family, can control. Whether this be accessing self-help tools or finding information about wellbeing services, we are here to help you help your family.

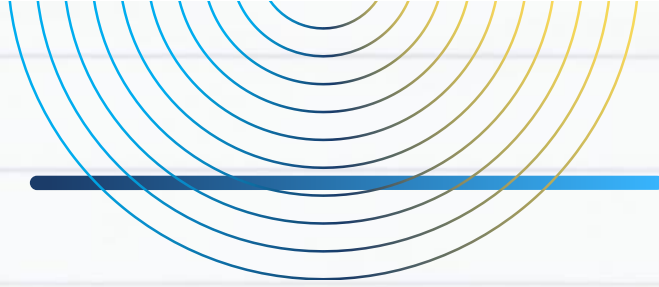
You are the experts when it comes to your child. You have a better understanding of how your child might respond and what will encourage and motivate them to try different things

You are also the ones present during the struggles and challenges that your child faces and can support them daily

As such, the aim is to provide strategies to parents to use at home to support your child to overcome their problems.

Parents are the most important agent for change to help children to overcome difficulties with their mental health. We want to empower you to support your children not only now but in the future.





PARENTAL WORKSHOPS



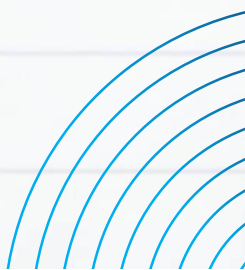
We believe that to create lasting change, support should be available for parents as well as pupils, and as such we set up programmes of work and workshops aimed at supporting pupils through parents and to increase parental knowledge and skills.

The themes of workshops will be set each year and will be updated on the schools website under 'Emotional Health and Wellbeing'.

The sessions run after school in the Chapel or Drama Theatre. In response to parent feedback, any presentations delivered will be shared via class charts for parents/carers who are unable to attend in person. Information will be sent out shortly before each workshop via school Comms and Class Charts. From this you will be able to follow a link and sign up for the session. If you are interested in any workshops then please ring school and we can discuss further.

These are the current sessions which are running 2024/2025

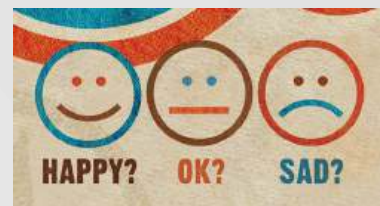
- EHCP process and CDC referral information
- Healthy approach to exams (specifically targeting Y10 & Y11 mocks)
- Autism awareness and support
- ADHD awareness and support
- Sensory processing awareness and support
- Anxiety Management
- New starter support session SEND – specific content TBC
- Online Safety
- Behaviour Management and Emotional Regulation Support
- Year 7 new starter support session



MENTAL HEALTH SUPPORT SERVICES



Happy? OK? Sad?



Warrington emotional wellbeing signposting website with advice, guidance and links to support for young people and adults both locally and nationally.

<http://happyoksad.org.uk>

Young Minds

YOUNG MINDS

Mental Health Advice and Signposting for Young People.

<https://youngminds.org.uk>

Young Minds also have a crisis messenger service for young people to access 24/7:

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>

Kooth.com



This website offers free mental health and wellbeing support for children and young people living in Warrington. Kooth looks at specific mental health difficulties and tips to help. Kooth also offers free online 1:1 counselling support for children and young people.

<https://www.kooth.com>



MENTAL HEALTH SUPPORT SERVICES



Child Line



24 Hour advice and support line for Young People. You can contact Childline about anything. There are lots of different ways to speak to a Childline counsellor or get support from other young people.

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

Beat – 'Beat Eating Disorders Support'



National Charity Website offering eating disorder support and advice
[https:// www.beateatingdisorders.org.uk](https://www.beateatingdisorders.org.uk)

Shout – Advice Line.com



Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258. Trained volunteers are here to listen at any time of day or night, and messages won't appear on your phone bill.

<https://giveusashout.org>

PAPYRUS – Prevention of Young Suicide Charity



PAPYRUS' HOPELineUK is for young people (aged under 35) who are having thoughts of suicide and anyone who is worried about a young person who may be at risk of suicide.

<https://papyrus-uk.org>



MENTAL HEALTH SUPPORT SERVICES



NHS Mental Health Helplines



Warrington CAMHS website offers advice and signposting if young people are struggling to cope with their feelings or you are concerned about risk. There is also information on how to access the service including their drop in service.

<https://www.merseycare.nhs.uk/our-services/warrington/child-and-adolescent-mental-health-service>

Child Bereavement UK



Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. They support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

<https://www.childbereavementuk.org/>

Mind



This website highlights support services in your local area alongside looking at specific mental health difficulties and tips to help. Below is a support section which looks at different options of support that Mind offers.

<https://www.mind.org.uk/need-urgent-help/using-this-tool/>

MENTAL HEALTH SUPPORT SERVICES



Wired' Warrington Young Carers Service



08.

Warrington Young Carers service supports young people in their role as a carer by providing one to one support and group support both within school and within the local community.

<https://www.mylifewarrington.co.uk/kb5/warrington/directory/service.page?id=GngJMcCMfJ4>

Chat Health



This award-winning messaging helpline platform provides a safe way for users to anonymously get in touch with a healthcare professional via their mobile phone.

<https://chathealth.nhs.uk/>

The Warrington School Health Service



The school health service supports young people with a variety of health concerns. The health service can be accessed directly using the link below, via the GP or school staff referral. Our School Nurse can also be accessed confidentially by our students on a Thursday lunchtime drop in.

<http://bridgewater.nhs.uk/warrington/warrington-school-health>

The Mix



A free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem. You can: call 0808 808 4994 for free – lines are open from 11am to 11pm every day.
https://www.themix.org.uk/?gclid=EAlaIQobChMIkcvrgYPM6AIVhrTtCh3R6AWFEAAAYASAAEgKtbfD_BwE



MENTAL HEALTH HELPFUL APPS



Self-help App for the Mind (SAM)



09.

SAM is a free wellbeing app to help you monitor and manage your mental health, with self-help techniques to help with anxiety, depression, loneliness and coping.

Virtual Hope Box



Virtual Hope Box is a free coping skill app designed for individuals struggling with depression. The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options.

Mindshift



MindShift is a free evidence-based anxiety management app. MindShift CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT).

Happify



Happify is a free app that uses science-based activities and games to help you overcome negative thoughts, stress, and life's challenges

WoeBot



WoeBot is an interactive free chat bot that check's in daily and guides through practical techniques based on tried and tested approaches.



WARRINGTON CHILD AND ADOLESCENT MENTAL HEALTH SERVICES CYPMHS



Child and Young Persons Mental Health Services - also known as CAMHS - support children and young people up to age 18 with their emotional mental health and wellbeing. If you want to access the service, they have weekly Mind Works drop-in clinics so you can speak to a mental health professional about any concerns you have.

It's an informal drop-in session, so you don't need to make an appointment – but you may want to ring ahead to check that they are still running. The numbers are below.

Day	Venue	Time
Tuesday	Orford Youth Base, Orford Youth Centre, Capesthorne Road, Warrington, WA2 0JF	3.30pm - 5.00pm
Tuesday	Warrington Youth Cafe, New Town House, Buttermarket Street, Warrington, WA1 2NH	12.00pm - 1.00pm
Wednesday	Orford Youth Base, Orford Youth Centre, Capesthorne Road, Warrington, WA2 0JF	3.00pm - 5.00pm
Wednesday	Warrington Youth Cafe, New Town House, Buttermarket Street, Warrington, WA1 2NH	4.00pm - 6.00pm

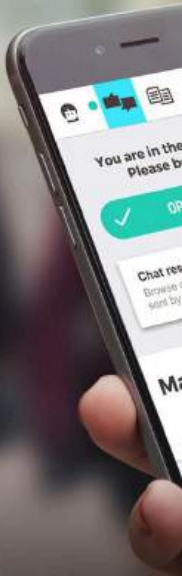
If you have any questions you can call CYPMHS directly on 01925 575 904 between 9am and 5pm, from Monday to Friday.

If you need support outside these hours, you can contact the CYPMHS Response Team every day until 9pm, on 01744 627 618. If you need immediate medical attention, you should visit your local A&E department.

10.



Kooth is an online counselling platform that is free for all children (up to 18) in Warrington.



Making an account at Kooth is quick and straightforward; they ask for some personal information, but nothing that could identify you. The site includes articles, written by Kooth staff and by other service users, exploring different aspects of health, wellbeing, and day-to-day life.

There are discussion boards around particular questions or concerns, and various spaces that individuals can use for themselves such as a journal, mini-activities (designed to support mental wellbeing), and a goal setting area.

Children can also, if they wish, send a message the team of practitioners, or come and join the chat queue for a live text-based conversation with a practitioner (open 12-10pm Mon-Fri and 6-10pm Sat & Sun).

Kooth know that, as a parent/carer, you might have lots of questions about how Kooth works, and how they might support your child. If you have any other queries or concerns, please do contact them at parents@kooth.com.



11.



12.

UNDERSTANDING ANXIETY

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings.

All children and young people feel worried sometimes, and this is normal, but most will soon be able to calm down and feel better.

Anxiety becomes a problem when a young person feels stuck in it, or when it feels like an overwhelming or unmanageable experience. If this kind of worrying goes on for a long time, it can leave a young person feeling exhausted and isolated, and limit the things they feel able to do.

Anxiety is the feeling we get when our body responds to a frightening or threatening experience called the 'fight, flight or freeze' response to prevent or stop any danger from happening.

HOW YOU CAN HELP

Things that you can do at home to support children who are anxious:

- Practice deep breathing skills
- Practice grounding activities
- Create a worry box to write about their worries and post them into the box to sort through together at the end of the day or week
- Speak with them to try and allow them to understand their triggers
- Speak about how avoidance may seem to help short term but long term makes the problem worse

10 THINGS CHILDREN CAN DO AT HOME TO HELP THEM COPE WITH ANXIETY



Get a pen and paper and write down what you are thinking and feeling. This can be a useful technique to express yourself and get things off your mind



If you feel anxious breathe in for a count of three, then breathe out for a count of three. Get into a slow and steady rhythm



Talk to your family about how you are feeling. Don't be afraid to talk about negative thoughts or emotions



Focus your attention on something else. Try and fully concentrate on an activity that you are doing



If you are worried write down all the solutions to your problem. Come up with an action plan with your parents to overcome the problem



When you feel anxious close your eyes and imagine yourself in a calm and happy place



Create a self soothe box. This is a box that contains activities linking to all your senses that help calm you down



Tear up a number of pieces of paper and write down activities you can do that will help you manage your anxiety. Put these activities into a jar and each time you feel anxious pull an activity out of the jar to start engaging with



EMOTIONAL REGULATION

Emotional regulation is learning to take control back from your emotions so that they feel less overwhelming and more manageable.

It is normal and natural to experience emotions, but sometimes emotions can feel overwhelming and uncontrollable and can lead to us doing things which might not be helpful to us in the long term.

Feelings just are and exist, it is not helpful to judge your emotions or see some as 'good' or 'bad'. Having a healthy perspectives on emotions is understanding that there is a difference between having an emotion and acting on the emotion.

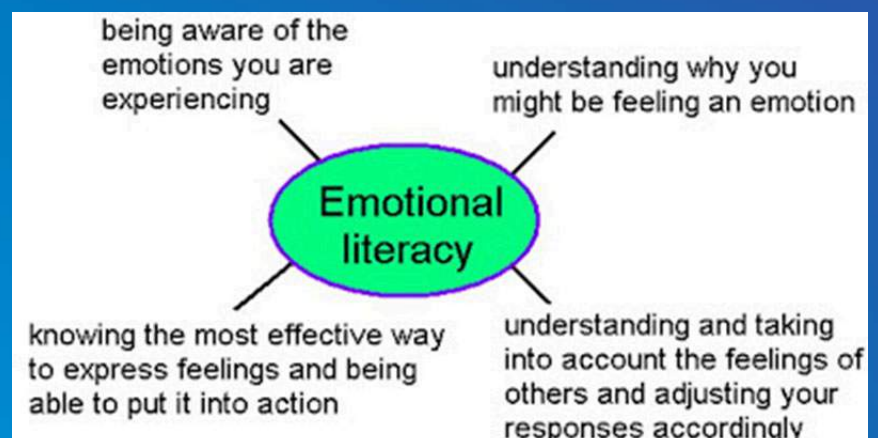
Understanding that emotions don't last forever, but they eventually lift and another emotion will take its place will help to manage the emotions in the moment. Also knowing that when a strong emotion comes, you do not have to act on your feeling all you need to do is recognise the emotion and feel it.

HOW YOU CAN HELP

Emotional literacy is the ability to express our emotions and feelings using speech and other forms of communication. It includes how we communicate our feelings and read them in others.

Other things that may help are

- Naming Emotions
- Do a full body scan
- Talk it out
- Learn to HALT (Hunger, Anger, Loneliness, and Tiredness)
- Breathing Exercises
- See emotions on a scale - Think about strategies that will help at different points. Put this plan in/ have this discussion place before anything happens



14. EATING DISORDER CONCERNS

Eating disorders are complex mental illnesses. Anyone, regardless of age, gender, ethnicity or background, can develop one.

We encourage all families who have concerns around eating disorders and/or body image to access support via the GP.

Confidential support can also be accessed from our School Health service, our allocated school nurse is Margaret Jaber and has weekly drop in sessions on Thursdays in school.

Eating disorders affect not only the person who's ill but those around them, too. If you're supporting someone with an eating disorder, you may feel isolated and overwhelmed. Beat, the UK's eating disorder charity, is there to provide support.

Beat's helpline service are for anyone affected by an eating disorder, at any stage in their journey. They are open from 9am – 8pm weekdays and 4pm – 8pm weekends and bank holidays. 0808 801 0677

HOW YOU CAN HELP.

Help for adults

Helpline: 0808 801 0677

Email: help@beat.eatingdisorders.org.uk

Help for young people

Youthline: 0808 801 0711

Email: fyp@beat.eatingdisorders.org.uk

Help for students

Helpline: 0808 801 0811

Email: studentline@beat.eatingdisorders.org.uk

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

BEREAVEMENT SUPPORT

Don't forget to look after yourself
It's important to make sure you're also getting the support you need after a loss. This can also help you to better support your child.



Bereavement support is available in school with our chaplain Suzie Whitlow and our school counsellors Mrs O'Kane and Ms Garcia. This can be accessed by speaking to your child's pastoral support manager who will refer them to the Augustine Centre. Further referrals can be discussed and made from these sessions if needed.

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

To access support ring the Helpline on 0800 02 888 40, Live Chat via the website or email helpline@childbereavementuk.org.

HOW YOU CAN HELP

Things that you can do at home to support children who have suffered a bereavement:

- Make a memory box or jar
- Plant a memory tree or flower
- Create a special place to remember the person
- Talk about the person who has died
- Maintain routines
- Answer questions honestly
- Provide ongoing support
- Be patient
- Let them express their feelings

Warrington Bereavement Support

Email:

contactus@wbsupport.org.uk

To arrange a visit
telephone 01925 631516.

This is a 24-hour
answering service —
simply leave your name,
address and telephone
number and the co-
ordinator will contact you
within 48 hours.

LOW MOOD SUPPORT

It is natural for children to feel stressed about things like exams or friendship concerns, while these experiences can be very difficult, they're different from long term depression, which affects how a child or young person feels every day.



Depression or low mood is a mood disorder that causes a persistent feeling of sadness and loss of interest, it affects how you feel, think and behave. It is linked to low levels serotonin, which is a chemical that helps to take signals from one area of the brain to another.

Depression can be influenced by the way you interpret things that happen to us. If you tend to look at things negatively (especially ourselves, our futures and the world around us) or if you tend to jump to negative conclusions, over time this can affect your mood.

Depression works in a vicious cycle that people can often find themselves stuck in. They feel low, so they do less of what matters to them, but because of this they get less of the 'feel good factor' from life, and so feel even more low.

HOW YOU CAN HELP

Just doing more of what matters can have an enormous impact on our mood by

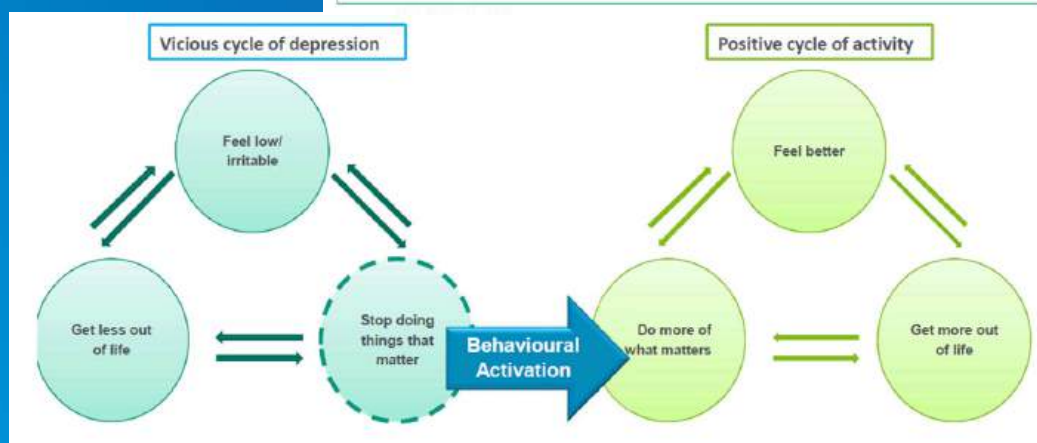
- Making us feel better about ourselves
- Making us feel less tired
- Motivating us to do more
- Helping us to think more clearly
- Giving us a sense of achievement

Beating depression with Brief Behavioural Activation:

1) Doing things differently

LEADS TO

2) Thinking and feeling differently



SUPPORTING SELF-HARMING BEHAVIOURS

We encourage all families who have concerns around self harm or suicidal ideation to access support via the GP or an emergency ring 999.



Self-harm is when someone hurts themselves on purpose as a way of trying to manage distressing or overwhelming feelings and experiences. The reasons children and teenagers can self-harm are often complicated and will be different for every child or young person. Sometimes a child or teenager may not know the reasons they self-harm.

For many young people, self-harm can feel like a way to cope with difficult feelings or to release tension. The physical pain of hurting themselves can feel like a distraction from the emotional pain they're struggling with.

The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Helping children to learn to ride the wave with strategies that can provide comfort, distraction, allow them to express themselves or provide a release can help to manage the overwhelming feelings and urge to self-harm.

For urgent support CAMHS Response Team are available every day until 9pm, on 01744 627 618. Outside of these hours, ring 999 or go to A&E.

HOW YOU CAN HELP

Calm Harm is a free app that helps young people manage or resist the urge to self-harm.

- Offer them emotional support to discuss when they feel comfortable to
- Focus on what's causing the self-harm. Help them to try and identify triggers
- Encourage them to find healthy ways to cope (Calm Harm can help with this)
- Help them to build their confidence in managing their emotions.



SUPPORTING SLEEP CONCERNS

Good sleep increases our capacity to cope with the challenges of everyday life. Here is how you can help your child to get a good night sleep for the benefit of them and yourself too.

Research evidence tells us that there is an important relationship between sleep and mental health. A lack of good quality sleep can have a negative impact on your mental health, but likewise, poor mental health can negatively impact your sleep.

HOW YOU CAN HELP

- **Sleep Education** - Knowing the benefits of sleep is an important motivating factor in making sleep a priority. We know that sleep reduces stress, improves balance, supports the immune system and helps you to process emotional information from the day.
- **Seek further help** - Sometimes, people follow all the necessary steps to promote good sleep but still find it hard to get a good night which can be incredibly frustrating. There is support available for those who find lack of sleep is impacting their quality of life. The GP is often the first port of call. The Sleep Charity is also a useful resource and they offer courses and provide a helpline.

Good Sleep Hygiene

1. Encouraging daytime activities
2. Avoiding naps or keeping nap time on a regular schedule
3. Establishing age-appropriate bedtime routine
4. Engaging in bedtime activities
5. Creating a good sleep environment
6. Avoiding big meals before bedtime
7. Eliminating screen time or lowering screen brightness
8. Addressing psychosocial issues (fears, worries, stressors)









- **Sleep Hygiene** - Sleep hygiene means adopting lifestyle choices and habits that promote healthy sleep. If you think back to when your child was a baby you had to get them in a sleep routine with things such as baths, bottles and stories, sleep hygiene is just the same but for older children and adults.

FURTHER MENTAL HEALTH AND WELLBEING STRATEGIES 19.

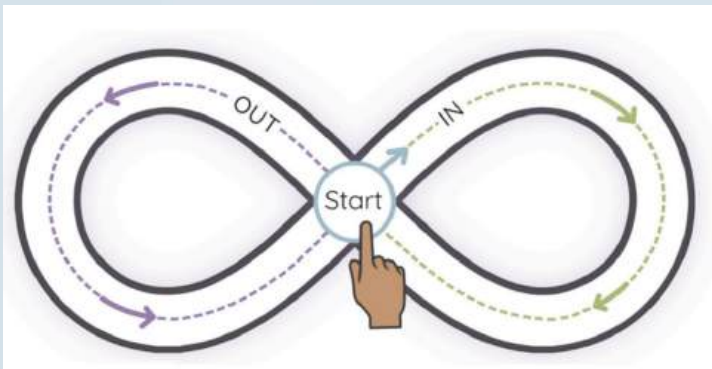
Progressive muscle relaxation – One of the body’s reactions to fear and anxiety is muscle tension. This can result in feeling “tense”. Muscle relaxation can be a helpful tool to help manage anxiety and also aid people in falling asleep. Progressive muscle relaxation focuses on slowly tensing and then relaxing each muscle in order to relieve tension.

Grounding activities –Coping strategies help to reconnect with the present and bring you out of a panic. These strategies help to refocus attention onto the present moment. A strategy that we promote in school is using the 5 senses.

Breathing strategies - Children can use deep breathing to help them when they're feeling overwhelmed or anxious, need to relax or go to sleep, to calm their body after exercising, or even just to pause and reset when they are high energy.

PROGRESSIVE MUSCLE RELAXATION	
	Take 3 Deep Breaths
	Squeeze your foot for 5 seconds, Relax
	Squeeze your leg for 5 seconds, Relax
	Squeeze your stomach for 5 seconds, Relax
	Shrug your shoulders for 5 seconds, Relax
	Squeeze your arm & hand for 5 seconds, Relax
	Squeeze your whole body for 5 seconds, Relax
	Take 3 Deep Breaths

GROUNDING WITH YOUR FIVE SENSES	
5 THINGS YOU CAN SEE	 SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL	 WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR	 BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL	 FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE	 MINT Breakfast TOOTHPASTE



FURTHER MENTAL HEALTH AND WELLBEING STRATEGIES

20.

Keeping a gratitude journal – A gratitude journal is a small notebook that encourages your child to write, paint, draw, and reflect on the people and things they appreciate the most. As parents, you can help your child to learn to notice and express thanks for the positive things in their lives and build skills that will last a lifetime, in just a few minutes a day.

A gratitude journal is a simple and effective way to build resilience, have a positive mindset and develop coping skills.

Gratitude Journal

MORNING GRATITUDE PRAYER Before you begin your day, list 10 things you're grateful for (big or small). 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	WHAT I'M LEARNING FROM MY CHALLENGES List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge. 1. I'm learning: 2. I'm learning: 3. I'm learning:
PEOPLE I'M THANKFUL FOR List 5 people who made your life a little happier today. They could be friends, family, or even strangers! 1. 2. 3. 4. 5.	THE BEST PART OF MY DAY Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

Mindfulness activities – Mindfulness refers to a state of being in the here and now—quieting the mind and just being present. Teaching children about mindfulness can result in some big benefits related to attention, mood, and behaviour.

<https://www.mindfulnessforteens.com> has lots of mindfulness activities to try out at home.



Self care - Taking time for self-care is massively important for yourself and your child. Self care supports you to feel better, sleep better and have better relationships with the people around you. In its simplest form, self-care is just the little things we do to look after our own mental health. It's not what it looks like, but what it does for you and how it makes you feel. When it comes to self-care it's not one thing, it's your thing.



HOW TO HAVE DIFFICULT 21. CONVERSATIONS

Conversations around mental health can be difficult to have, no matter how old you are. For children, mental health can be even harder to talk about.

Raging hormones, a developing brain, stigma, lots of misinformation and not wanting to say the 'wrong' thing can make conversations seem daunting and easier to avoid.

Don't let these challenges discourage you from talking about mental health with your children. These tips may help...

- **Confront any internalized bias and stigma you may have.** A great way to do this is to ask yourself the following questions:
 - Do you have negative opinions about certain mental health conditions?
 - How do you feel about your own mental health?
 - Have you ever sought mental health support? If so, what was that experience like for you?
 - Do you have any fears related to mental health? If so, where do you think they come from?
- **Model vulnerability.** Let your child see how you navigate big feelings. It is Ok to let your child know you're upset about a tough day or sad about an experience you're having.
- **Keep it direct.** If you are getting a sense that something is very wrong, address it directly with your child to keep them safe. If you're getting a sense that your child is struggling, don't avoid the topic for fear of making it worse.
- **Actively listen.** Active listening makes your child feel heard and connected to you. In order to practice active listening in childcare, following strategies can be used:
 - Give your child undivided attention when you are with your child
 - Avoid being distracted while talking to your child
 - Try to come down to the level of your child
 - Maintain eye contact with your child
 - Reflect or repeat whatever your child shares with you.



Pay attention



Look at who is talking



Do not talk

ACTIVE LISTENING



Ask questions



Follow directions



Visualise what is being said

HOW TO HAVE DIFFICULT 22. CONVERSATIONS

CONVERSATION STARTERS ABOUT MENTAL HEALTH



"ARE YOU OKAY?"

Ask the question and mean it. Show you are listening by sitting alongside the person, maintaining an open body position and maintaining comfortable eye contact.



"ARE YOU THINKING ABOUT SUICIDE?"

If you are concerned that someone is considering suicide, ask the question directly. Asking a person if they have been thinking about suicide or have made plans will not increase the risk that they will complete suicide.



"I'VE NOTICED THAT..."

Open the conversation by explaining behavior changes you have noticed. For example, "I've noticed you have been showing up to work late a lot lately." Then, express genuine concern.



"DO YOU WANT TO TAKE A WALK?"

Engaging a friend, family member or loved one you are concerned about in a healthy activity like taking a walk together can be a great way to start a conversation. Doing an activity while you talk can take some of the nerves and discomfort out of the conversation.



"HOW ARE YOU, REALLY?"

Sometimes when someone says they're fine, they're not. Know the warning signs to look for so you can know when to offer extra support.

HOW TO START A CONVERSATION ABOUT MENTAL HEALTH?

Conversation starter Ideas

GET THE BALL ROLLING

Talking about mental health is everyone's responsibility. Although it's a tough subject, we need to have these conversations. We don't need a medical background to be qualified to LISTEN to one another.



CHOOSING THE RIGHT MOMENT



Standing at the supermarket checkout is probably not the best option. However if you are wanting to have a chat to express concerns over either your own or another's mental wellbeing, try to keep it informal. Going for a walk or another activity can help as it takes away the 'all eyes on them' situation.

IT'S OK TO BE DIRECT

This may not be the case for everyone, but depending on the individual they may appreciate your directness. It is better to get the point rather than leave things unsaid and perhaps regret not asking the question.



DON'T MAKE IT ALL ABOUT YOU

If someone chooses to open up to you about their mental health, you MUST listen to them. Let them know they have your full attention, as it will have taken a lot of courage to open up. Now is not the time to share stories about other people you know or to compare.



SUPPORT AVAILABLE IN SCHOOL



Discussions with Police
Youth Engagement
Officer/PCSO

SEND support via the
HUB

Attendance Mentoring
with Mrs Spence and
Mrs Walsh (Pastoral
Attendance)

Family support from Mrs
Pilkington and Miss
Crawford (Family
Support Co-ordinators)

Access to weekly
drop ins with School
Nurse

Daily support check in's
with form tutors

Pastoral Mentoring
Sessions with Pastoral
Support Managers (Mrs
Lee, Mrs Batty, Miss
Evans, Miss Heaton,
Miss Dolphin)

Support sessions with
Mrs O'Kane and Ms
Garcia (Pupil Wellbeing
Counsellors)

Support sessions with
Suzie (School Chaplain)

Support sessions with
Mrs Roberts (Positive
Behaviour Champion)

Support sessions with
Steve (External
Mentor) or NHS Mental
Health Support Team

Thankyou for taking the time to read our support guide.
We hope that you have found the information useful and have some
strategies or support services that you can access outside of school.
Please get in touch if you have any questions around the advice or
support highlighted in this booklet.

Looking after mental health needs to be a joint priority by looking at
support available in school, outside agencies and at home.
We are here to support every pupil and their family to get the best
support for their individual needs.

**THANK
YOU**

