



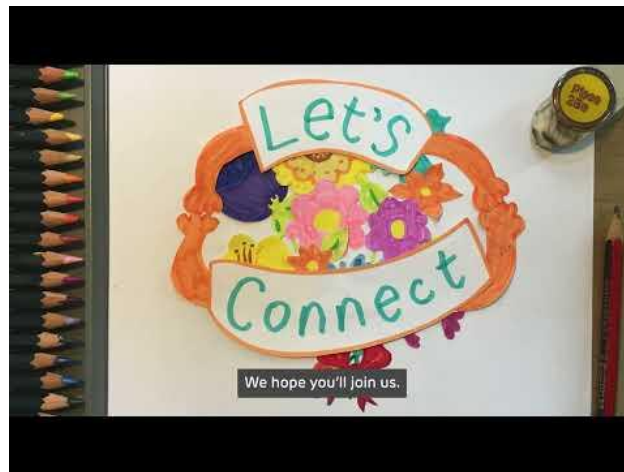
Kingswinford Academy

A part of Windsor Academy Trust

February 2023 Issue 5 (HT3): Mental Health and Wellbeing Newsletter:

Children's Mental Health Week 2023: The theme this year was Let's Connect.

Connecting with others is fundamental for our self-worth and belonging. But feeling connected does not solely depend on our human relationships, it also includes the environments we inhabit. Connectedness to nature, our workplaces and schools have all emerged from research as important for our wellbeing.



In exclusive interviews with Place2Be Ambassador, podcaster and journalist, Josh Smith, young people reflect on what Children's Mental Health Week means to them.



Young people will go through a lot of changes during adolescence, and these aren't always easy to deal with. They may experience intense emotions and find these difficult to manage.

Having tried and tested coping strategies to deal with intense and difficult emotions is an important skill for young people.

In this video, Anna Freud Centre clinician Hannah Woods discusses the importance of healthy coping strategies for mental health.

She then demonstrates three different types of coping strategy:

- A grounding exercises
- A breathing exercise
- A CBT-style reframing thoughts activity

The video also features Sophie, a young person who explains how her chosen coping strategy, visualisation or guided imagery, helps her.



Most people at some point feel worried, stressed or down about things in their lives and it's okay to ask for help. Don't forget that it's a sign of strength, not weakness, to tell someone you're finding things difficult. This practical guide offers advice on how to take those first steps and gives information about organisations that can offer further support. Visit [Asking for help mental health resource for young people \(charliewaller.org\)](http://charliewaller.org) to view the guide in full.

This guide from the Charlie Waller Trust shares advice for young people on how to tell others how they are feeling.

It walks young people through the steps to take to ask for help, exploring topics like:

- thinking about who to talk to
- preparing to ask for help
- getting ready to reach out

It also encourages young people to think about the practicalities of reaching out, to ensure they feel comfortable. Topics tackled include:

- finding the right time
- managing the conversation
- what might happen after you've spoken to someone.



We're talking mental health.

We all have days when we feel anxious, worried, low, sad or angry. Having emotions like this are a normal part of life in response to challenging things that happen to us, and can let us know that we need to take action.

If you've been dealing with difficult feelings on your own for a while, particularly if you're finding it difficult to do the things you need to do, such as sleeping well, socialising and studying, then reaching out and asking for help is important, but how?

Pause, take a breath, and think about how you are feeling and who you might talk to.

It's OK to start small and say, 'I'm not having a good day'.

Help our resources have a greater impact. Please consider sharing this booklet with someone who might also benefit from it instead of recycling it.

Taking the step to ask for help

THINK ABOUT WHO'S BEST TO TALK TO

Reaching out for help can feel scary, especially when you're already feeling anxious or low. You may not be sure who to turn to. Or you may be worried about reaching out, particularly if you've tried talking about how you feel to someone before and it didn't go as well as you'd hoped.

There are lots of reasons why you might struggle with asking for help. You might worry about how others might react. Stigma, shame and embarrassment can be real barriers – for example thinking that having mental health issues is a sign of weakness or that boys shouldn't cry. This can be made worse if you're also worried about things like upsetting members of your family or what might happen once you've shared something and who might find out.

Worrying about what others might say or how they will react can really put people off talking or sharing. But, in the end, your worries might escalate to the point that they become too big to carry and can have a real impact on your ability to cope and thrive. No matter how big or small, your worry is important to you and sharing it with someone is a first great step to dealing with it.

You may have an idea of who you could talk to, perhaps a parent or carer, a friend, or a teacher or another trusted adult, but you may be worried about how to start a conversation. We hope these tips will help you to overcome some of these barriers and find ways to reduce the worries around asking for help, what to say and how to say it.

You might also find it helpful to watch this Chidlina video of young people discussing when and how to ask an adult for help: <https://youtu.be/XoslABBhORU>



There's a lot going on for young people right now, so please find below a list of organisations to get in touch with if you feel you are struggling, feeling overwhelmed or anxious. We are also available in school to help you.

1. <https://www.kingswinfordacademy.org.uk/school-life/student-welfare-and-personal-development/mental-health-and-wellbeing/>
2. <https://www.annafreud.org/on-my-mind/urgent-help/>

Kooth
Healthy Young Minds



Kooth is an online mental wellbeing community offering free, safe and anonymous on line chat and emotional wellbeing service for young people aged 11-24 years.

If you need to talk they are online until 10pm everyday.

Young Minds



Young Minds is a charity which focuses on young people's mental health and emotional well-being.

The [website](https://www.youngminds.org.uk) includes downloadable information leaflets on a range of topics, including self-harm, aimed at both young people and adults.

Every Mind Matters



Having good mental health helps us relax more, achieve more and enjoy our lives more.

There are simple things we can all do to look after our mental health and well-being with expert advice and practical tips, so get in touch today.

Childline



Childline provides support to young people who have concerns about themselves or their friends. The trained listeners will never break confidentiality or judge. They are available 24 hours a day, every day of the year.

Call them on 0800 11 11 or talk to them online at www.childline.org.


Self harm UK



This is a website developed by someone who used to self-harm, providing lots of support and information including access to 'Alumina' - a six week online programme to help you overcome self-harm. You can also self-refer.

Find out more information and get in touch with the team at www.selfharm.co.uk

Beat Eating Disorders



Beat is UK's leading charity that supports anyone affected by eating disorders or difficulties with food, weight or shape.

They have trained support workers who also host anonymous support chat groups online for young people, adults, and those whose friends or loved ones have an eating disorder.

Call them on 08080 801 0677 or talk to them online at www.beat.co.uk

The Mix



The Mix is the UK's leading support service for young people. They are there to help you take on any challenge you are facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

Talk to them [online](https://www.themix.org.uk), on social media or call their free, confidential helpline on 0808 808 4992.

Samaritans



Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland. Samaritans are available 24 hours a day, 365 days a year.

Call them on 116 123, email the team, or find more info online at www.samaritans.org.


Anna Freud Foundation



The aim of the Anna Freud Foundation is to transform current mental health provision in the UK by improving the quality, accessibility, and effectiveness of treatment.

On their website you can find a whole host of resources and toolkits to support the mental health and well-being of young people.

Action for Happiness



Action for Happiness helps people take action for a happier and kinder world.

They bring together like-minded people from all walks of life and help them take practical action, drawing on the latest scientific research and are backed by leading experts from diverse fields including psychology, education, economics and social innovation.