



ST. JOHN CHRYSOSTOM FEDERATION



Mental Health And Wellbeing



Mental Health and Wellbeing

At St John Chrysostom Federation, we are committed to supporting the positive mental health and wellbeing of our whole school community (Children, Staff, Parents and Carers). We recognise that mental health and emotional Wellbeing is just as important to our lives as physical health. We are passionate about providing our children with the lifelong emotional tools that will help them to deal with their mental health and wellbeing, and to ensure they reach their full potential in life.

In this document we have provided some useful information, guidance and resources to help support your child and family's mental health and well being

Check Your Battery

How are you currently feeling?

Feeling great!
Keep meeting your needs and practicing self-care.

Feeling good!
How can you maintain the levels you're currently at?

Meh.
How can you love on your self today? Be extra kind to yourself.

I'm empty.
Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

Feeling okay.
How can you make your day a tiny bit better?

Struggling.
Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

BlessingManifesting

MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsicly linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

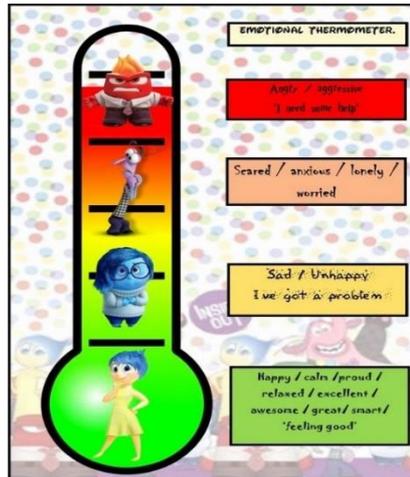
ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have only when it feels broken
- Something to think about with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



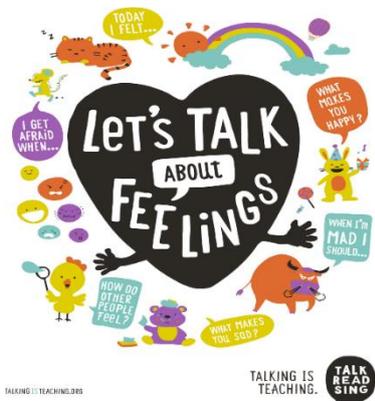
Supporting Children's Mental Health and Wellbeing

Thinking about Mental Health



Mental Health can be thought of as a scale that can move up and down, a bit like a thermometer. We can move along the scale at any time, between being healthy or unwell. There are things we can do to help us stay healthy. Also, there are things that can be put in place if someone is not feeling good, struggling or unwell

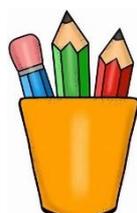
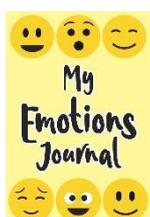
Why Is It Important to Express Feelings?



Expressing our different feelings helps us to recognise and manage them. It helps us recognise when we might need help with our feelings. Expressing feelings can help stop strong intense feelings from taking over our minds and bodies

Ways for Your Child to Express Their Feelings

- Writing- Diaries, Poems, Stories, Blogs
- Drawing
- Talking to others
- Acting, dancing, singing and music





Tips for Talking with Children about their feelings

HOW PARENTS CAN SUPPORT THEIR CHILDREN TO TALK ABOUT MENTAL HEALTH

 @BELIEVEPHQ



01
Talking about feelings and thoughts doesn't always come naturally to people. Help your child to practise by getting them to talk about their day and how different things or events made them think and feel



02
Talking openly and regularly about mental health can support children to feel safe and more confident to talk about their own feelings



03
It is important that your child knows where to go to seek help. Provide them with the detail of mental health charities and helplines in case they want to reach out to somebody else



04
Find the right time to engage in conversations about mental health. This might be 1 on 1 or with the family



05
Don't pressure them to talk about their mental health. Create a safe and nurturing environment where your child feels comfortable to come and talk to you when they feel the time is right



06
A safe environment where a child feels as though they are being understood and listened to can help encourage them to speak out about their mental health



07
Building mental health into every day regular conversations can be useful. Whether that is checking in with your child or just asking how they are feeling, this can be useful for breaking down barriers.





Breathing exercises to Help Children who are worried or anxious



Bumble Bee Breathing

Breathe in through the nose. Exhale slowly, while making a deep, steady humming sound like that of a bumble bee



Playing with bubbles

Playing with bubbles is a great way to help regulate deep breathing. It is also something that can be done together with the rest of the family.

Managing Feelings and Worries



Make a 'Worry' Jar

Ask your child/family member to write down or draw their worries on a piece of paper or post-it note.

Together fill up the jar with worries. When you have finished put the lid on the jar to stop the worries from getting out again

If you notice any new worries going in the jar you can read and address them with your child.



Achievement posters

Ask your child to create a poster and draw or write about the things that they have achieved that they are proud of.



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Mindfulness links for children's' wellbeing



Rainbow Breathing-

<https://www.youtube.com/watch?v=O29e4rRMv4>



Mindfulness Activities-

www.positivepsychology.com/mindfulness-for-kids/



Cosmic Kids Yoga-

www.youtube.com/user/cosmickidyoga



Go Noodle

www.gonoodle.com

CHOOSE 5 A DAY for great mental healthiness

8+ HOURS SLEEP	20 MINS EXERCISE	+ POSITIVE INPUT	THANKFULNESS	10+ MINS OUTSIDE
EAT HEALTHY FOOD	GIVE	POSITIVE SELF TALK	FORGIVE -NESS	DO THINGS YOU LOVE
TIME WITH UPLIFTING FRIENDS	USE/ DISCOVER YOUR TALENTS	DREAM & PLAN	JOURNAL -ING	JOKE, SMILE LAUGH

ALSO: FUN THINGS WITH YOUR FAMILY, HAVING A CAUSE, BEING PRESENT, LIFT OTHERS UP WITH YOUR WORDS

WHAT 5 WILL YOU CHOOSE TODAY?
WWW.BEGREAT.CO.NZ



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CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

**TAKE
NOTICE**

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

**BE
ACTIVE**

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES
INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS

**KEEP
LEARNING**

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Give

Your time,
your words,
your presence



CAMHS Resources

www.camhs-resources.co.uk



Looking After Yourself

Take Time when you can to check in with yourself, have a break and do the things that help you look after yourself during challenging times. These are different for everyone-it could be doing exercise, reading a book, watching a film, having a bath or speaking to friends

www.youngminds.org.uk/parent/blog/looking-after-yourself-as-a-parent/





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Finding more information and support

YOUNGMINDS
fighting for young people's mental health

Young Minds- www.youngminds.org.uk

Parent Carer Helpline- available to offer advice to parents and carers worried

about a child or young person under 25

Call for Free on: 0808 802 5544 Mon-Fri, 9:30-4pm

Anxiety UK

Anxiety UK- www.anxietyuk.org.uk

Practical advice and information for anybody affected by anxiety, stress and/or anxiety based Depression-as

well as for their parents, family and friends

Phone: 0344 477 5774 Mon-Fri, 9.30am-5pm and Sat-Sun, 10 am-8pm

Email: Support@anxiety.org.uk

Live Chat available during office hours on the website (Link above).

SAMARITANS

Samaritans- www.samaritans.org.uk

If you are having a difficult time and struggling to cope, or if you're worried about someone else- this charity is there to offer practical advice and support

Free helpline: 116 123 any time

Self-help app: www.selfhelp.samaritans.org



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NSPCC - <https://www.nspcc.org.uk/>

Information and advice for children, parent and carers. If you are worried about a child.

Helpline: 0808 800 5000, Mon-Fri, 8am-10pm and Weekends, 9am-6pm.

Helpline for children (18 or under): 0800 1111



National
Autistic
Society

National Autistic Society

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

You can find information about coronavirus on the website – and look out for more ideas and suggestions for supporting someone with autism around routine change, anxiety and sensory issues such as hand washing over the coming weeks.

Helpline: 0808 800 4104, Mon-Thurs, 10am-4pm and Fri, 9am-3pm



Cruse Bereavement - <https://www.cruse.org.uk/>

Resources to support people around bereavement as a result of Coronavirus, including grieving and isolation, talking about death and dying and other issues.



Winston's Wish – UK's Childhood Bereavement Charity: <https://www.winstonswish.org/>

Charity to support children and young people after the death of a parent or sibling.

Free Helpline: 08088 020 021 – offers advice, guidance and support following a bereavement.



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women's aid

until women & children are safe

www.womensaid.org.uk

Women's Aid - <https://www.womensaid.org.uk/>

National Charity supporting women and children experiencing, or at risk of, domestic violence.

Live Chat Service, Mon-Fri, 10am-2pm:
<https://chat.womensaid.org.uk/>



The Mix - <https://www.themix.org.uk/>

You can find information on their website about coronavirus and ideas for things to do while staying home.

Their emotional support services are open as normal – and if you're under 25 you

can talk to them about anything that's troubling you over the phone.

Helpline: 0808 808 4994, 4am-11pm, daily

Webchat: <https://www.themix.org.uk/get-support/speak-to-our-team>

Counselling Service: <https://www.themix.org.uk/get-support/speak-to-our-team/themix-counselling-service>



Kooth - <https://www.kooth.com/>

Online Mental Wellbeing Support/ Counselling for young people under 25. The service offers a range of online support, information and guidance to young people around their emotional and mental wellbeing.

Join for free: <https://www.kooth.com/signup>



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Shelter - <https://england.shelter.org.uk/>

Advice on coronavirus and housing, including evictions, mortgages, rent, benefits, landlords and homelessness.



Family Line - <https://www.family-action.org.uk/what-we-do/childrenfamilies/familyline>

Provides support with parenting and family issues via phone, text and email.

Phone: 0808 802 6666, Mon-Fri, 9am-3pm and 6-9pm

Email: familyline@family-action.org.uk



If you or your child are struggling with your mental health and wellbeing you can book an appointment with your GP



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Local Advice and Support in Manchester

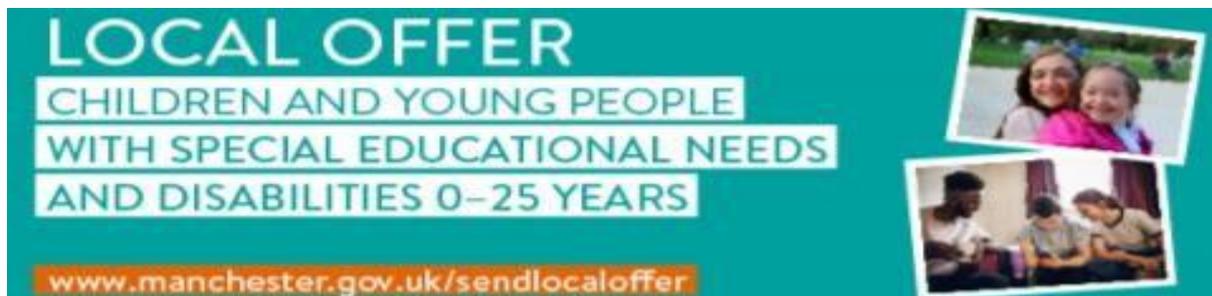


Home Start: Local Family Support Charity
Manchester based family support charity who recruit and train local parent volunteers to provide weekly emotional and practical home visiting support to families.

Parents Supporting Parents. To learn more click on the website link below:

<https://homestartmanchester.com/>

Manchester Local Offer: Support for Children and Young People with Special Educational Needs and Disabilities



The Local Offer helps children, young people and their parents or carers to understand what services and support they can expect from a range of local agencies.

Local Offer Website:

<https://hsm.manchester.gov.uk/kb5/manchester/directory/localoffer.page?localofferchannel=0>

Local Offer SEND Newsletters:

<https://hsm.manchester.gov.uk/kb5/manchester/directory/advice.page?id=uptXtrEL9fg>



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Communicate any Concerns with School

If you have any concerns about your child's emotional behaviour or wellbeing, then please let school know. You can speak to your child's Class Teacher, or book an appointment at the main office with the Federation SENDCO, Ms Breckon, or the Federation Inclusion and Wellbeing Coordinator, Mr McRobert. There will be things that we can do to help and support you.

Keep safe and well,

St John Chrysostom Federation