The background of the slide is a photograph of a beach. In the foreground, there is a dense layer of smooth, light-colored pebbles. In the middle ground, a stack of four smooth, grey stones is balanced on top of each other. The background shows a calm sea with light blue waves under a bright sky.

Mental Health and Wellbeing

How can we maintain healthy minds and support wellbeing?

Northmead Junior School

February 2019

Aims of this evening

Gain an understanding of mental health and wellbeing and why it is important.

Be aware of what is going on in school to promote mental wellbeing.

Group Agreement;

- Mobiles on silent
- Respect each others views
- Confidentiality- personal details shared in this room remain in this room
- Opt out if you need to

Mental health issues are common and often start at a young age

Common mental health issues include anxiety, depression and eating disorders

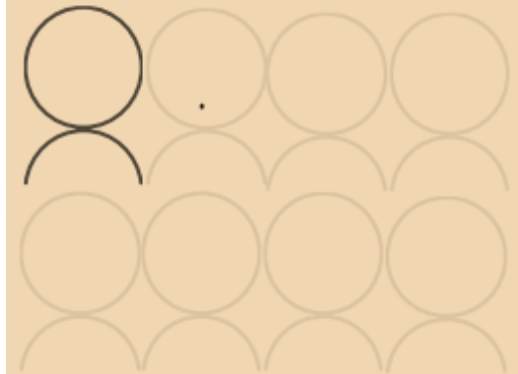
50% of mental health issues are established by age 14, and 75% by age 24

Why focus on Mental Health?

Suicide is the most common cause of death for people aged 5-19

Pupils with better emotional wellbeing at age seven had a value-added key stage 2 score 2.46 points higher (equivalent to more than one term's progress) than pupils with poorer emotional wellbeing.

One in eight (12.8%) 5 to 19 year olds had at least one mental disorder when assessed in 2017.



The estimated costs of mental health problems in the UK are over £100 billion each year.

At school

10% of primary school children suffer from a low sense of wellbeing

80% of young people say exam pressure has a big impact on their mental health

The Children's Society and the University of York | The Good Childhood Report | 2013
Young Minds | Wise Up – Prioritising wellbeing in schools | 2017



At school

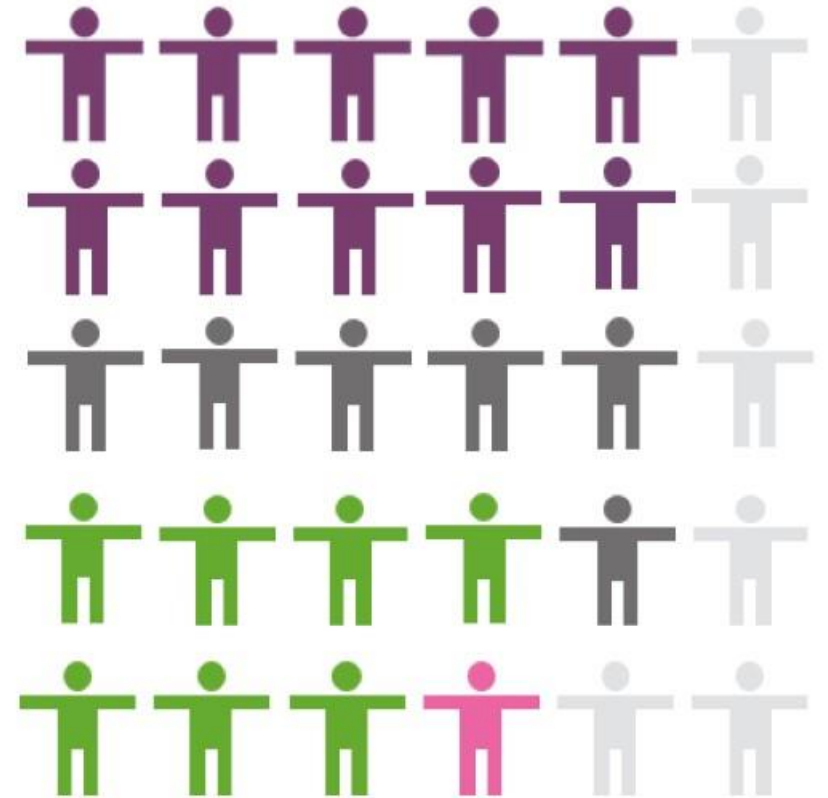
In an average group
of 30 15-year-olds:

10 are likely to have watched their parents separate

7 are likely to have been bullied

6 may be self-harming

1 could have experienced the death of a parent



What is mental health?

Young people who are mentally healthy are able to:

What is mental health?

Mental health is part of our overall health. It's about:

- How we feel, think, and behave
- How we cope with the ups and downs of everyday life
- How we feel about ourselves and our life
- How we see ourselves and our future
- How stress affects us
- How we deal with negative events
- Our self-esteem and confidence



Young people who are mentally healthy are able to:

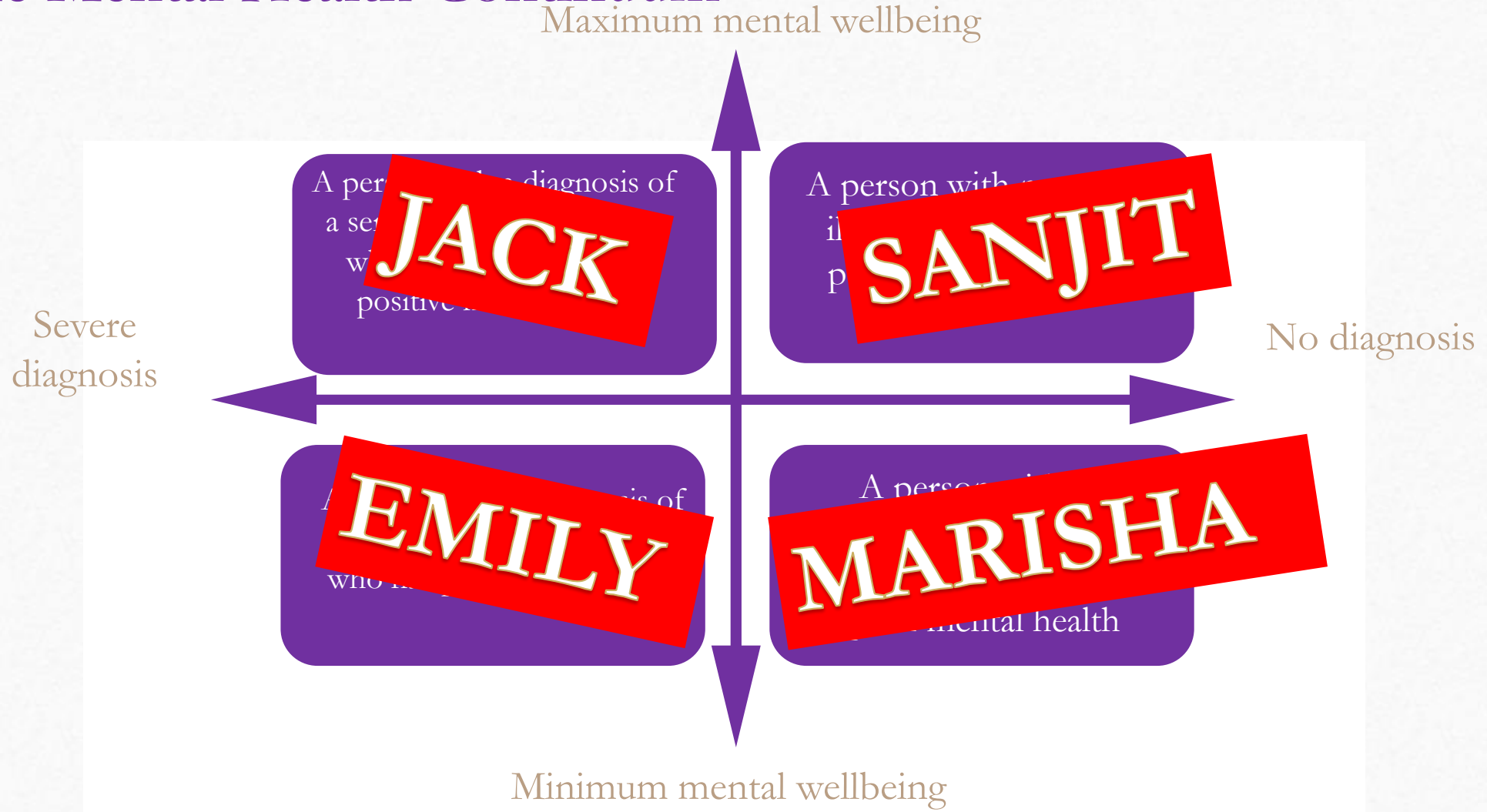
- Develop psychologically, emotionally, intellectually and spiritually
- Initiate, develop and sustain mutually satisfying personal relationships
- Use and enjoy solitude
- Become aware of others and empathise with them
- Play and learn
- Develop a sense of right and wrong
- Resolve and learn from problems and setbacks
- Achieve higher grades, better examination results, better attendance, and drop out less often



The Mental Health Continuum

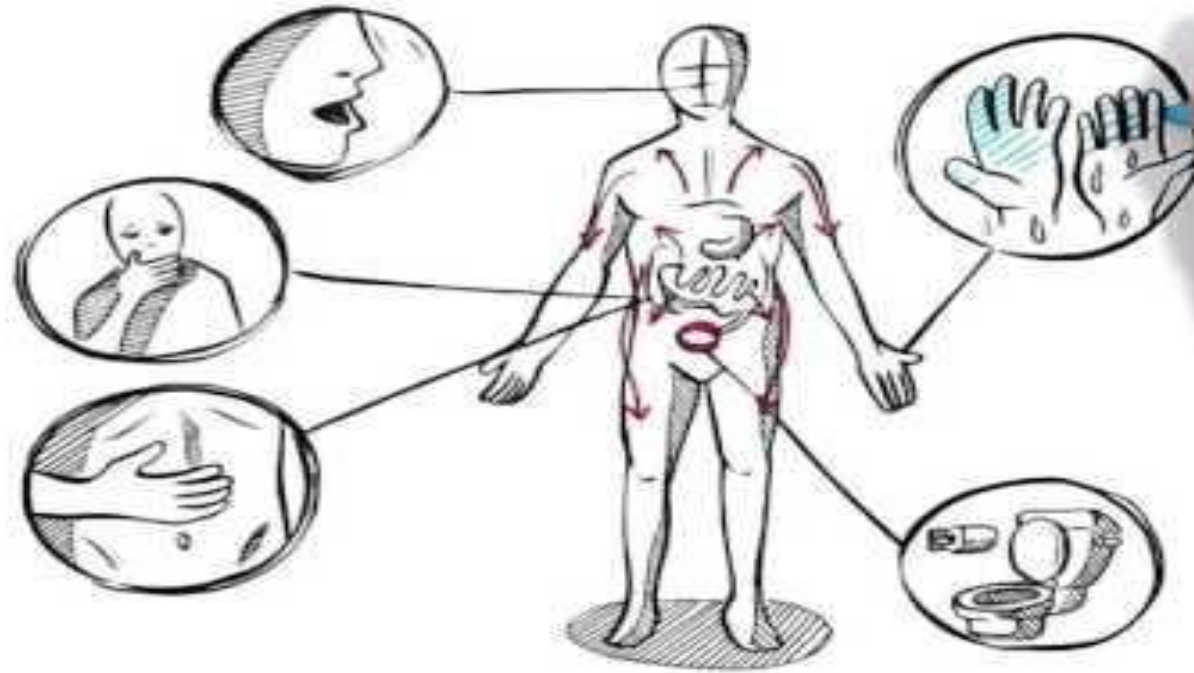


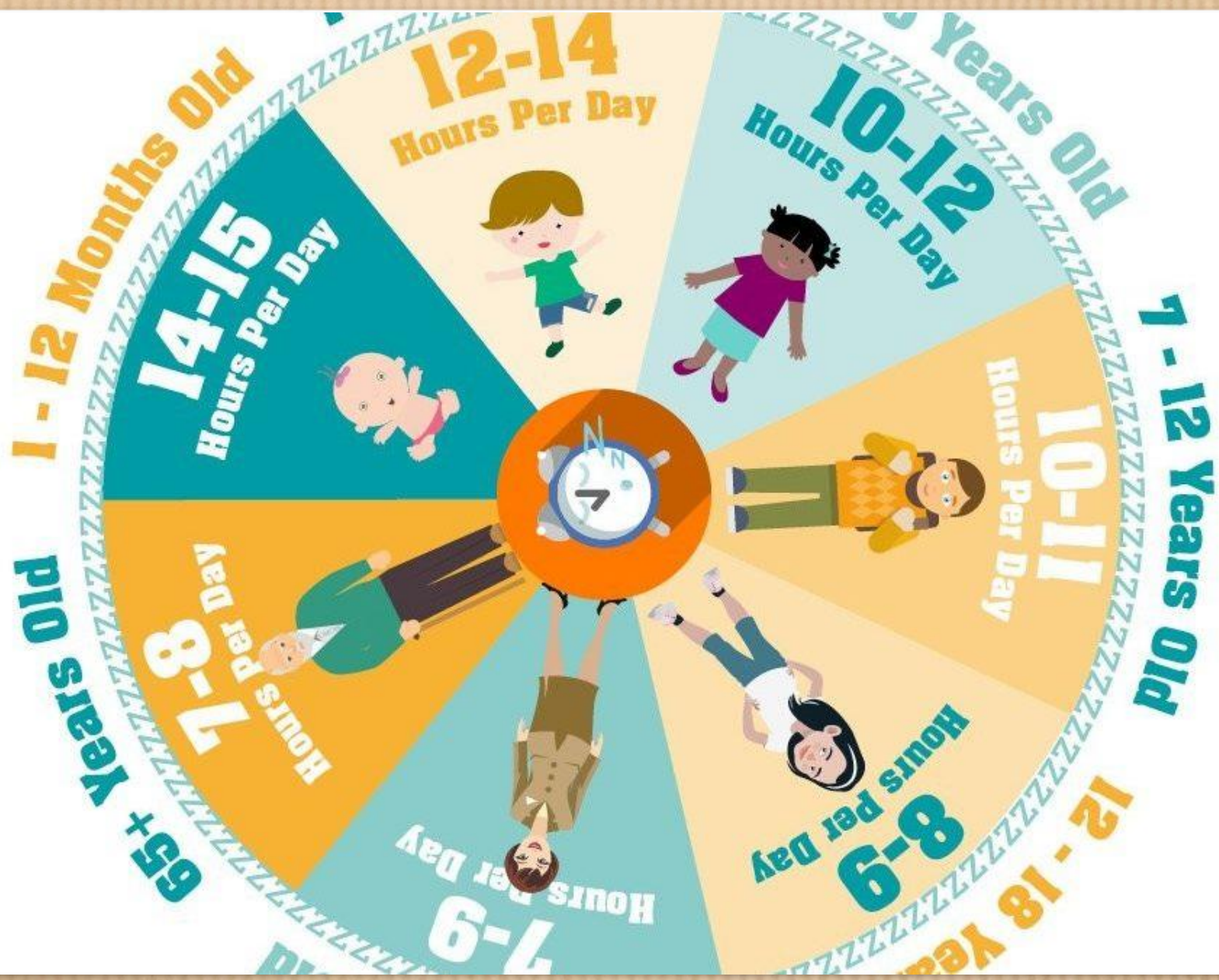
The Mental Health Continuum





Anxiety







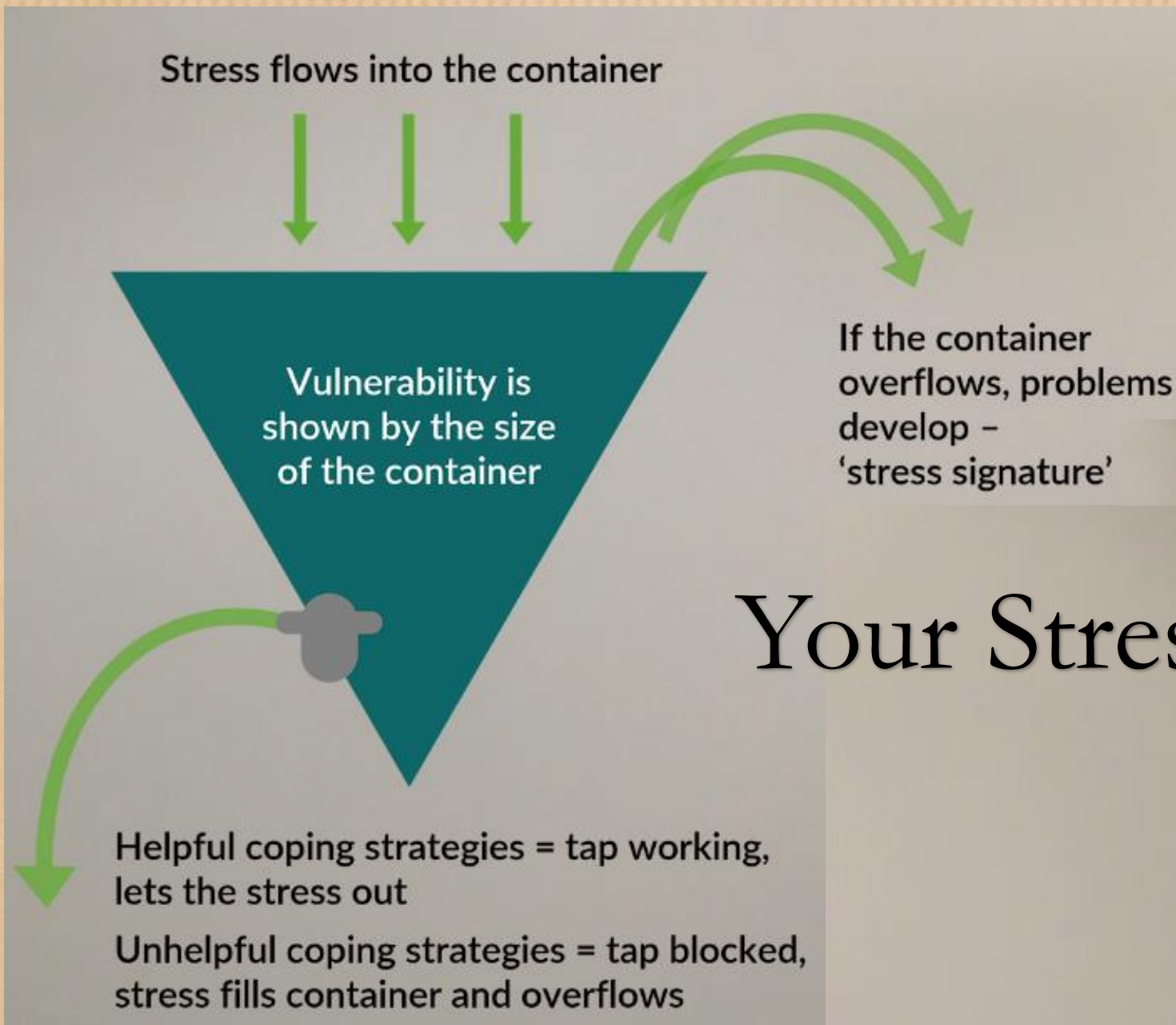
MHFA England

Understanding stress

What's in your container?

Start





Your Stress Container

But despite how common it is, help for mental ill health can be hard to access

Lack of funding for specialised mental health services for young people, as well as stigma and lack of awareness, can prevent young people from accessing the support they may need for recovery.

Only **one quarter** of young people with a diagnosable mental health issue gets access to the treatment and care they need

There is an average delay of **10 years** between a young person showing the first symptoms and getting help

Green et al | Mental health of children and young people in Great Britain | 2005
Centre for Mental Health | Missed opportunities | 2016

Intervening early can make all the difference

Most young people who experience mental health issues recover fully, or are able to live with and manage them, especially if they get help early on.

In one review, schools with effective mental health programmes and interventions showed:

11% improvement in academic achievement

25% improvement in social and emotional skills

10% decrease in classroom misbehaviour, anxiety and depression

Durlak et al | The impact of enhancing students' social and emotional learning: A metaanalysis of school-based universal interventions | 2011
Mental Health Foundation | 2018

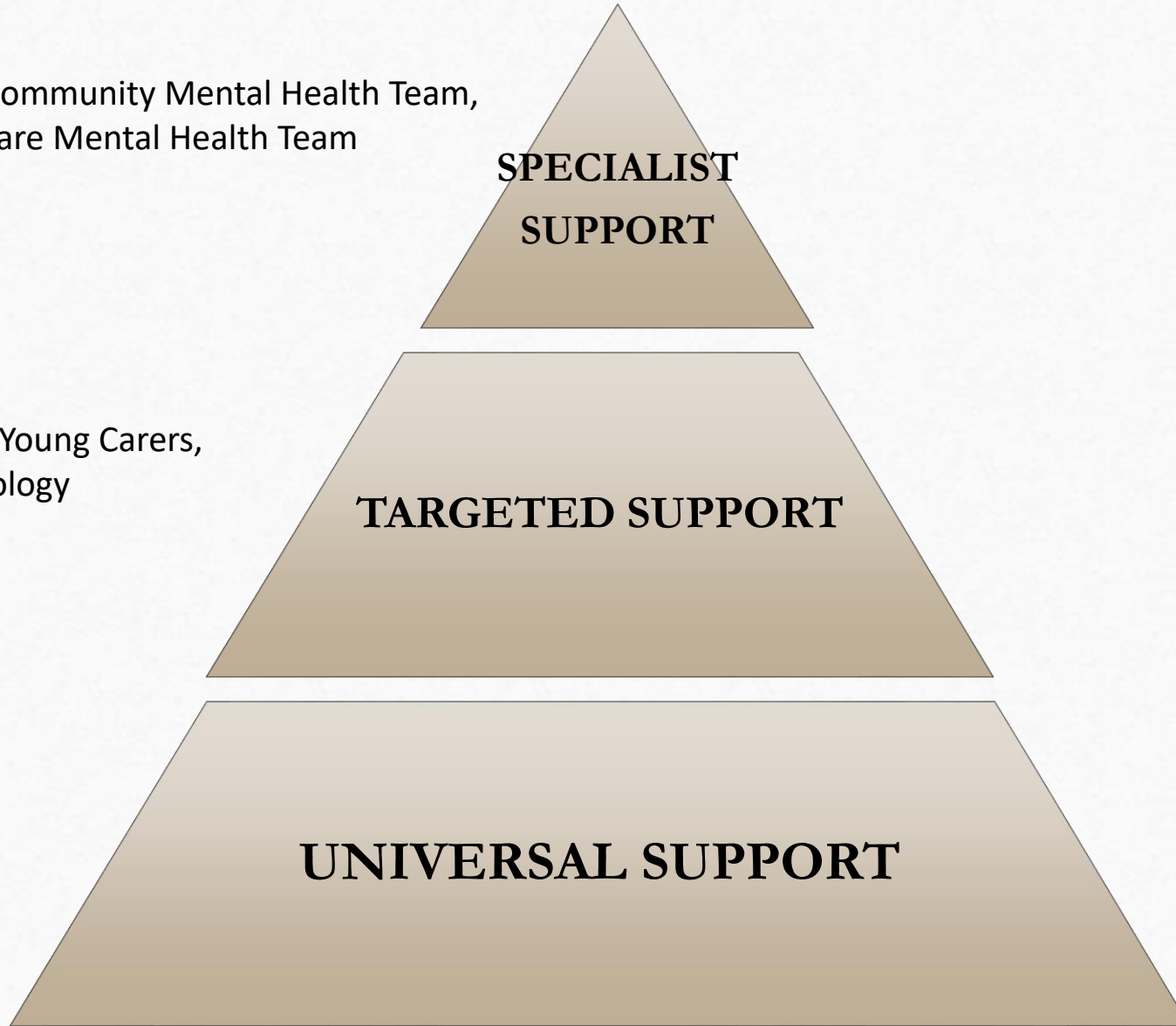
CAMHS, Community Mental Health Team,
Primary Care Mental Health Team

**SPECIALIST
SUPPORT**

GP, school nurses, Young Carers,
Educational Psychology

TARGETED SUPPORT

UNIVERSAL SUPPORT



What are the Five Ways to Wellbeing?

The Five Ways to Wellbeing Framework was developed by the New Economics Foundation as a set of five evidence based actions that promote wellbeing. Based on the latest scientific evidence the simple actions, if taken regularly, can improve wellbeing and enhance quality of life.





Connect – connecting with others

Give – giving – looking outward as well as inward

Be active – doing something active

Take Notice – taking notice of the world around you

Keep Learning – learning new things



Connect – connecting with others

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

“Mental illnesses can make people feel very isolated, especially if people are not supportive.

Listen, be patient and simply be kind.”

Gemma

Be active – doing something active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Give – giving – looking outward as well as inward

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Take Notice – taking notice of the world around you

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep Learning – learning new things

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

**“It’s easier to build
strong children
than to repair
broken adults.”**

Frederick Douglass (1818-1895)

