

Pupil Mental Health and Emotional Wellbeing



At Hardwick Primary we aim to promote positive mental health and wellbeing for our whole school. We recognise that mental health and emotional wellbeing is just as important to our lives as physical health.

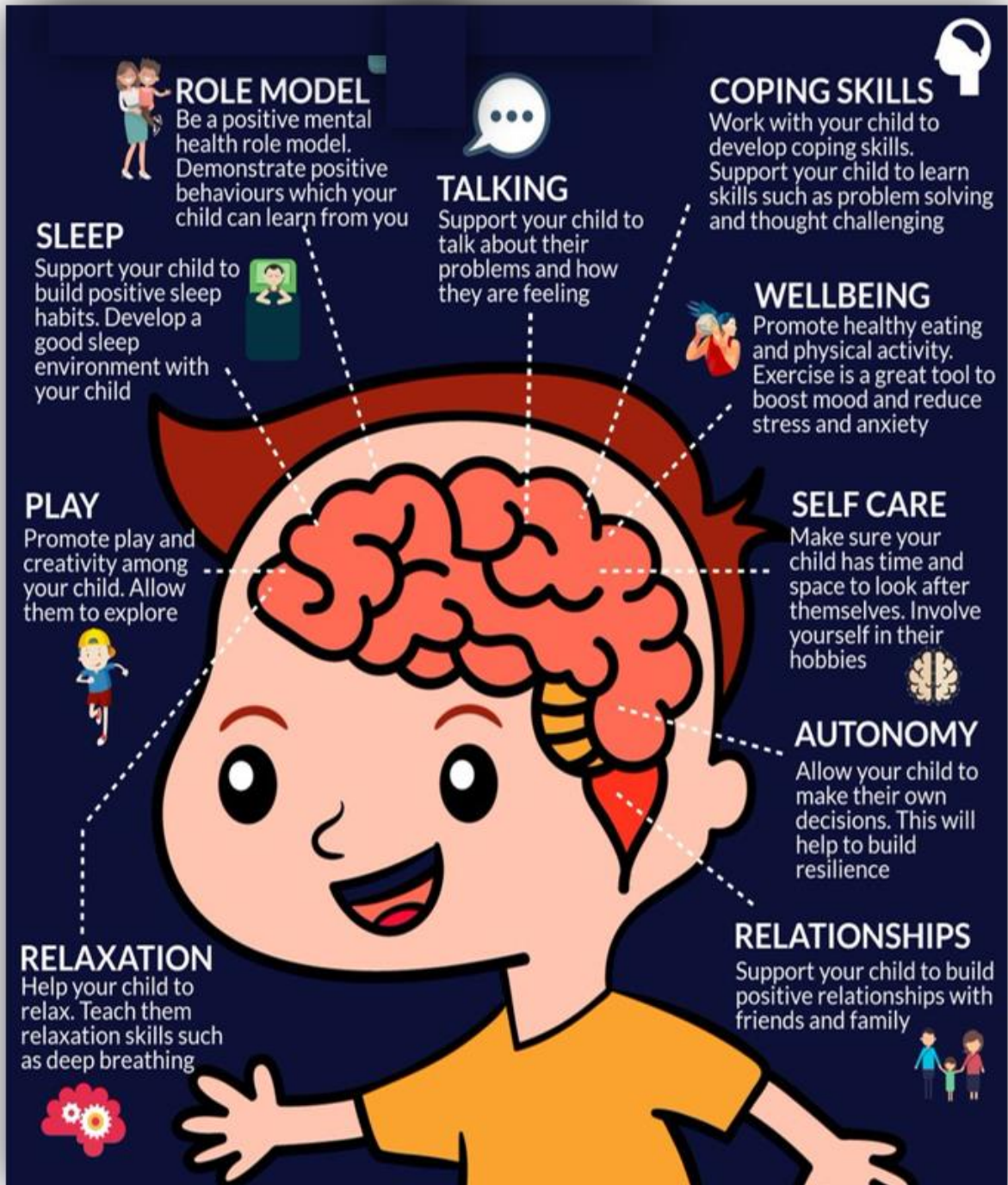
Our role is to ensure that children:

- Learn how to maintain positive mental health
- Are able to manage times of change and stress
- Know where they can go if they need help and support.

Our aim is to be a school where:

- All children are valued
- Children feel able to talk openly with trusted adults about their problems without feeling any stigma
- Positive mental health is promoted and valued.

10 Ways You Can Help Promote Good Mental Health



Mental Health symptoms can present in a variety of ways

Warning signs that your child may have a mental health condition could include :

1. ANGER

When children are excessively worried and don't feel like they have the skills to cope, they feel frustrated and angry.



2. LOSING THEIR TEMPER

A child who goes from calm to a full-blown tantrum without a reason is often not able to talk about their anxiety.



3. DIFFICULTY SLEEPING

Difficulty falling asleep or staying asleep is a telltale sign of anxiety.



4. DEFIANCE

There is nothing more frustrating to a child than feeling like their life is out of control. As a way of feeling secure they seek to take control back.



5. BEHAVIOUR CHANGES

Drastic changes in personality, out of control or risky behaviour or wanting to hurt or harm others, can be warning signs.



6. POOR CONCENTRATION

Children with worry are often so caught up in their own thoughts they do not pay attention to what is going on around them.



7. MOOD CHANGES

Children with worry or anxiety tend to experience significant changes in mood.



8. SELF HARM & SUBSTANCE ABUSE

Sometimes a mental health condition leads to self-harm, where children deliberately injure themselves, this is commonly by cutting or burning. Older children may use drugs or alcohol to try to cope with their feelings.

If the mental health condition escalates, some children develop suicidal thoughts or attempt suicide

Children and young people's negative feelings usually pass. However, it's a good idea to get help if your child is distressed for a long time; if their negative feelings are stopping them from getting on with their lives or if they are repeatedly behaving in ways you would not expect.

If you feel your child is suffering from a mental health condition please contact your GP

If you would like support from School please contact Mrs Sandhu or Mrs Oliver

Help is also available from:



**family
lives**

www.familylives.org.uk
0808 800 2222

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



KIDSCAPE

www.kidscape.org.uk **Help With Bullying**
Call : 020 7823 5430

YOUNGMINDS

www.youngminds.co.uk

contact

*For families
with disabled children*

www.contact.org.uk
Call our free helpline 0808 808 3555



Barnardos

www.barnardos.org.uk



for better mental health

www.derbyshiremind.org.uk
Tel : 01332 623732