

Mental Health and Well-being

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

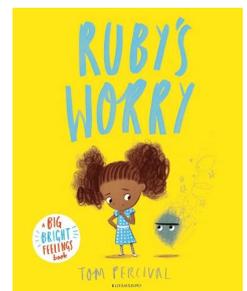
Even as a child, if they experience mental health problems, their thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems



Strategies to support

- Talk to your child about how they are feeling. Start conversations with... “I can see that you are worry about...” “I wonder if you...” Empathise and reassure that it is OK to be feeling like it but that we can talk things through to help.
- Use books to help illustrate the problem as they may recognise themselves in that situation. Some examples are Ruby’s Worry, Misery Moo, The Invisible String, The Colour Monster.
- The following website gives strategies for calming situations. <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself> There are a number of ways including finger breathing, square breathing, my happy place exercise and progressive muscle relaxation.
- If you have concerns about a child or young person’s emotional wellbeing please contact Healthy Minds on the ‘Here4You’ line on 01522 309120
- <https://www.lpft.nhs.uk/young-people/lincoln/healthy-minds-lincolnshire> is a fantastic website full of resources to support the whole family.
- **Lincolnshire has further bolstered its commitment to mental health with the launch of a new confidential mental health and emotional wellbeing helpline.** By calling 0800 001 4331 you can speak to a member of a highly trained and experienced team of support workers who will be able to provide appropriate support
- Also, self-referrals can be made through Steps2change online <https://www.lpft.nhs.uk/steps2change/accessing-our-services/self-referral>
- If your child needs support with emotional resilience, the 5 point scale may be used to support children with managing their emotions. <https://www.5pointscale.com/>



Other websites for support

Young Minds <https://youngminds.org.uk/resources/school-resources/?f3=10152#listing>
Place to Be <https://www.childrensmentalhealthweek.org.uk/schools>
Mentally Healthy Schools hub by Heads Together https://www.mentallyhealthyschools.org.uk/?utm_source=place2be.org.uk&utm_medium=referral
Our Time <https://ourtime.org.uk/resource/explaining-mental-illness-to-under-11s/>

What to do if I am worried about my child

Speak to your child’s class teacher either in person, email or telephone.

enquiries@cranwell.lincs.sch.uk

01400 659001