

Whole School Approach to Mental Health



A newsletter for Carr Hill High School

January 2021

Lancashire Mind have been working with **Carr Hill High School** to embed their exciting new way of looking after the mental health of everyone involved in school life. We call it our Whole School Approach to Mental Health.

The project is designed to **enhance the mental health and wellbeing of your entire school community** through interventions and support planned with you in mind.

Look out for our blue T-shirts and say hello!

Lancashire Mind

The project so far... Pupils

*The Whole School Approach began in your school last year, when Lancashire Mind delivered assemblies on topics like Self Esteem and Confidence, we ran Pupil Resilience sessions, and trained up some **Wellbeing Ambassadors!** (Speak to your Wellbeing Ambassadors, or Mrs. Altham for more information)*

So far this school year you took part in a survey, which has helped us to decide alongside you school what we can do to support your mental health.

Staff

*Last year staff took part in training to support the wellbeing of themselves and pupils. This included a **Resilience** workshop. This year staff have also taken part in the survey, which will help us put more in place for them.*

Parents

*Parents at Carr Hill had access to our **Together Workshops**, designed to support families. Look out for the workshops again this year, advertised on school media.*

If you would like to get involved or find out more, please get in touch:

Contact: saltham@carrhill.lancs.sch.uk

WSA Contact:

amybond@lancashiremind.org.uk



Our survey...

We asked...

- What school and Lancashire Mind could do to support your mental health and wellbeing this year
- How you found the lockdown in Summer 2020, and what support you might have accessed

Some key themes that came up were...

Pupils

School pressure and homework

More clubs/sports and space for wellbeing



Space to talk/be listened to

Education on mental health/ awareness raising

Staff

Workload



Covid-19 changes

Work with senior managers

Communication

Space to talk/be listened to

Staff and pupils talked about very varied experiences of lockdown, with some having had a really tough time being at home, and some grateful for family and relaxation time. Some people accessed support, including counsellors and their teachers.

Support and resources for lockdown

With another lockdown underway you may be in need of a boost to your wellbeing. There are lots of great resources online that provide a really good opportunity to take some time for you.



Chorley based artist and author Emily Coxhead has created some free, downloadable resources that can be used at home or in school. You might want to complete them yourself, or do them with a younger sibling

<https://thehappynewspaper.com/product-category/education/>

A helpful video from BBC's Dr Radha on the 5 C's you can use to look after your wellbeing during lockdown: Control, Care, Continuity, Creativity and Compassion

<https://www.bbc.co.uk/news/av/newsbeat-52411394>



Coronavirus: Dr Radha's five mental health tips for lockdown



The Mental Health Family Hour is a YouTube series with videos covering topics such as: Understanding Anxiety, Returning to School and Resilience.

For more information, take a look at the following website <https://www.lscft.nhs.uk/mental-health-family-hour>

NHS
Lancashire &
South Cumbria
NHS Foundation Trust



In other news

4 Things to keep in mind for 2021....

1. Reaching out for help can make a positive difference
2. It can be normal to experience a setback during your recovery
3. You might struggle with your mental health but Childline is always there
4. It's OK to take each day, week or month one step at a time





Childline offer some great ideas on how to approach your mental health in the new year. Take a look at their website and social media for more support
<https://www.childline.org.uk/>

JOIN OUR WELLBEING CAMPAIGN AND START 2021 BY PUTTING YOUR WELLBEING FIRST.
 #LancsMindJanYOUary #5waystoJanYOUary

ACTION CALENDAR: HAPPIER JANUARY 2021

"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|---|--|
| 4 Write a list of things you feel grateful for in life and why | 5 Look for the good in others and notice their strengths | 6 Take five minutes to sit still and just breathe | 7 Learn something new and share it with others | 8 Say positive things to the people you meet today | 9 Get moving. Do something physically active (ideally outdoors) | 10 Thank someone you're grateful to and tell them why |
| 11 Switch off all your tech 2 hours before bedtime | 12 Connect with someone near you - share a smile or chat | 13 Be gentle with yourself when you make mistakes | 14 Take a different route today and see what you notice | 15 Eat healthy food which really nourishes you today | 16 Get outside and notice five things that are beautiful | 17 Contribute positively to a good cause or your community |
| 18 Focus on what's good, even if today feels tough | 19 Get back in contact with an old friend you miss | 20 Go to bed in good time and give yourself time to recharge | 21 Take a small step towards an important goal | 22 Try out something new to get out of your comfort zone | 23 Plan something fun and invite others to join you | 24 Put away digital devices and focus on being in the moment |
| 25 Decide to lift people up rather than put them down | 26 Say hello to a neighbour and get to know them better | 27 Challenge your negative thoughts and look for the upside | 28 Ask other people about things they've enjoyed recently | 29 Use one of your personal strengths in a new way | 30 Count how many people you can smile at today | 31 Write down your hopes or plans for the future |

ACTION FOR HAPPINESS www.actionforhappiness.org
 Happier · Kinder · Together

Check out our January campaign at Lancashire Mind, designed to support your wellbeing! <https://www.lancashiremind.org.uk/posts/241-janyouary>

EPSL Educational Printing have put together some free schools resources in collaboration with Lancashire Mind
<https://www.eprint.co.uk/free-educational-resources/secondary>

FREE EDUCATIONAL RESOURCES SECONDARY SCHOOL



Links to helpful information & resources

General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

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

<https://wellbeingpassport.org.uk/>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

| <i>Local area</i> | <i>9am-5pm</i> | <i>5pm-9am</i> |
|--------------------------------------|----------------|------------------------------|
| Blackburn | 01254 226430 | 01254 226074 |
| Blackpool | 01253 951225 | 01253 956280 |
| Chorley & South Ribble | 01772 676173 | 01772 773525 |
| Hyndburn, Rossendale & Ribble Valley | 01254 226006 | 01254 612640 |
| Lancaster & Morecambe | 01524 550550 | 01524 550198 or 01524 550199 |
| Pendle & Burnley | 01282 628455 | 01282 657222 |
| Preston | 01772 647024 | 01772 773433 |
| South Cumbria | 0300 024 7247 | 0300 024 7247 |
| West Lancashire | 01695 684161 | 01695 684356 |