

**September 2023**

## **Safeguarding Updates – Mental Health**



Good mental health and wellbeing is essential for school students. It helps them to learn effectively, cope with day-to-day challenges and develop into resilient young adults.

Research by the Mental Health Foundation suggests that 20% of adolescents may experience a mental health problem in any given year. 50% of mental health problems are established by age 14 and 75% by age 24.

Talking about mental health to our children at home is sometimes difficult - to the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects. Sometimes we may feel that our children are too young or not ready to talk about these topics. Attached is a practical guide designed to support and guide parents on speaking to children openly about mental health issues. We want children to feel comfortable talking about their worries.

### **Strategies that you can facilitate at home**

For children learning to cope with mental health conditions, you as a parent can help facilitate and initiate self-care.

Learning to slow down their thoughts and changing how they can see things can help the child to feel better and happier, concentrate better and find new ways to cope. Encourage them to try

1. Taking deep breaths in through the nose and out through the mouth.
2. Express their feelings through art or a mood journal.
3. Build their confidence and self-esteem by talking about the things they are good at and things they have achieved.
4. Encourage them to do some exercise or sport.
5. You can ask for help on their behalf
6. Encourage them to use our school website to log their worries and concerns. They will then be met in school by a mental health first aider to offer them the support and guidance that they may need.

If you need support for your child's mental health please contact your GP or school and speak to their head of year or one of the safeguarding team. Below are also some of the organisations who can offer additional support and guidance.

Childline 0800 1111 (free 24 hour helpline)

Papyrus Hotline (Under 35's at risk of suicide or concerned for another) 0800 068 4141

Young Minds 0808 803 5544 <https://www.mind.org.uk>

Samaritans support for anyone who wants to talk 116 123

YPAS – Young Persons Advisory Service – 0151 707 1025

Fresh CAMHS (child and adolescent mental health service) single point of access 0151 293 2662  
<https://www.Kooth.com>

If you feel a child is at risk (suffering harm, neglect or abuse) Any member of the public can contact Careline on 0151 233 3700 or Merseyside Police on 0151 709 6010.

# CRISIS DROP-IN'S

## Across 3 Community Hubs



**YPAS North Hub**  
Croxdale Road West,  
L14 8YA



**YPAS Central Hub**  
36 Bolton Street,  
L3 5LX



**YPAS South Hub**  
Lyndene Road,  
L25 1NG

*See website and social media for times*

***We can support you through times of crisis***

- **STRUGGLING WITH YOUR MENTAL HEALTH?**
- **YOU OR YOUR CHILD ARE IN A CRISIS?**
- **FEELING LONELY & ISOLATED?**
- **NEED A LISTENING EAR?**
- **NEED A SAFE SPACE?**



### School Safeguarding Team

Head Teacher – Ms Smyth

Deputy Head Teacher and Designated Safeguarding Lead – Mrs Jones

Deputy Safeguarding Leads – Christine Kirkham, Mr Shillcock, Mr Backhouse, Ms Lyons, Mrs Jackson, Mrs Gilmore, Mr Phipps, Ms Boateng.

Mental Health First Aiders – C Kirkham, W.Townson, B Kelly-Ince, S. Curran

Emotional Literacy Support Assistant – Ms McCabe

SAFE Officer – Ms Watson

School Counsellors – Ms A McStea and Mrs K Fieldsend

YPAS Worker on site – Greg Wynter

Safer Schools Police officer – PC Gavin

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