

# MENTAL HEALTH & WELLBEING

A termly newsletter brought to you by Madeley Academy

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## Self-help: Mental health apps/websites



Includes online advice, counselling & blogs



Website for young people & parents with advice on conditions & support



Advice on wellbeing & emotional support including urgent helplines



Bereavement charity offering advice & free counselling for young people

## What is anxiety?



Anxiety is when you feel scared, worried or panicky about something. It's a normal, human feeling and your body's natural response to stress or danger.

We all feel anxious from time to time. But the feeling usually passes once we feel safe or solve the problem that was causing the anxiety.

If the anxious feelings persist or become more frequent and interfere with daily life, this may indicate a disorder and support may be needed. Visit <https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/> for more information

## Social Prescribers Service Telford



Did you know that various GP surgeries across Telford can get you or your child access to the social prescribing service?

This service aims to connect you or your child to community services and activities that support health & wellbeing using a therapeutic approach. They can offer practical, helpful & non-judgmental support and advice & refer to onward support services.

To access this, contact your local GP surgery reception

## Self-harm: How to support your child



Self-harm is when someone hurts themselves on purpose to manage distressing or overwhelming feelings or experiences.

Finding out your child is self-harming can be very alarming, but there is lots of support available and lots of young people go through this and come out the other side with different ways of coping. You also need to remember that you're not alone. Visit <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm> for more information and guidance.

## Curriculum focus: Mental Health & Wellbeing in RSHE



There are lots of opportunities for students to explore mental health & wellbeing within the curriculum across a range of subjects. However, RSHE offers a specific focus on this topic at various points e.g.

Y7 students study the emotional impact of family relationships, friendships and puberty

Y8 students study factors affecting mental health including conditions and coping strategies

Y9 students study the emotional impact of unhealthy relationships & sexual relationships

All students explore mental health coping strategies & sources of support during personal tutor RSHE videos & tasks

If your child is struggling with their mental health & wellbeing, support can be accessed in the following ways:

- Self-help via apps and websites as described above
- GP: Can refer for support such as social prescribing or Bee U
- In school: Ask your child's year manager to refer to the in school mental health & wellbeing team who can assess your child and potentially refer to the school counsellor or NHS Mental Health Team
- For urgent support, contact ACCESS team on 0808 196 4501 or ring 999