



Emotional Health and Wellbeing

Emotional Health and Wellbeing

- Just as we all have physical health, we have mental health too.
- And just as our bodies can become unwell, so can our minds.



Like physical illness, mental illness affects people of any age.

It is not the result of personal weakness, lack of character, or poor upbringing.



At any given time, 1 in 10 young people is living with a mental health problem .

In an average class of 30 15-year-old pupils

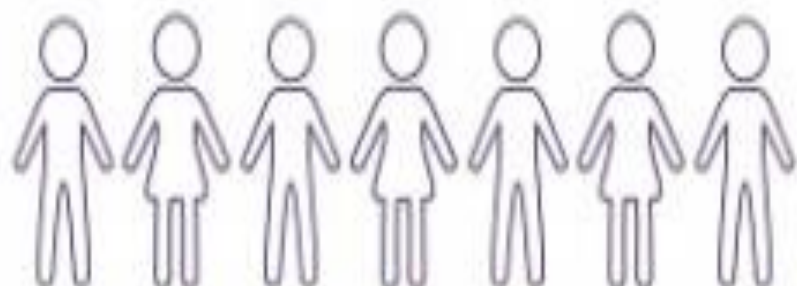


**3 could have a
mental disorder**



**10 are likely to have witnessed
their parents separate**

**1 could have
experienced death
of a parent**



7 are likely to have been bullied



6 may be self-harming

Possible signs :



- Feeling sad most of the time
- Feeling left out
- Feeling unwell more often than usual
- Irregular sleeping patterns
- Not enjoying things you normally enjoy
- Not eating properly
- Becoming angry
- Can't concentrate and worrying all the time
- Lack of energy or can't be bothered.



Improving Mental Health

- Eat well, feel better
- Exercise, feel better
- Help other people, feel better
- Believe in yourself, feel better
- Take time out, feel better
- Spend time with friends and family, feel better



Cleaners

Form tutor

Every
member of
staff

Safeguarding
team

Teaching
assistants

Friends

Need to talk?
Help is here in
School

Senior
Leadership
team

Pastoral
Workers

Head of
Learning

Teachers

Useful websites

Childline: <https://childline.org.uk> 08001111

YoungMinds: www.youngminds.org.uk website and Parents helpline - 0808 802 5544

MindLine Cumbria: info@mindlinecumbria.org 03005610000