

Mental Health and Wellbeing at Allen Edwards for Children

Written by the Mental Health Ambassadors in Partnership with the Mental Health Support Team.

What is Mental Health and Wellbeing?

Mental Health and Wellbeing is...

Feeling confident

Looking after ourselves

Being resilient

Expressing ourselves

Having good self esteem

Self-love

A sense of belonging

A feeling of safety

Feeling empowered

Feeling brave

A positive mind-set and so much more!

But we can't do all of those things on our own, we need support, which is what you all have at Allen Edwards.

We think talking about mental health is really important so that everyone knows that they are not on their own and feel empowered to speak up if they or someone they know needs more support.

How can you support your Mental Health and Wellbeing?

Every week, we come to your classes to talk about how we look after our mental health and what you have done to look after yours. These are some of your ideas:

- Being with people that you love and who care about you.
- Expressing yourself and being true to yourself.
- Being kind to other people and helping them.
- Practising mindfulness, like breathing techniques.
- Spending time doing things that you enjoy like reading, drawing, singing, dancing and cooking.
- Going to the park or taking part in an activity outside of school.
- Gardening.
- Playing an instrument.
- Making sure your physical health is positive.
- Exercise like yoga or running.
- Join a club.
- Eat well and have a balanced diet.
- Have a routine.
- Have a sleep schedule.

What can you do if you are feeling worried or anxious or like you need some more support?

Speak to someone. This might be a friend, teacher, parent or another familiar adult.

Taking part in a calming activity.

Put a note in the Worry Box.

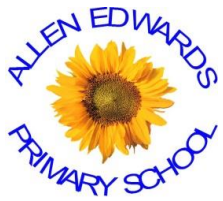
Change your Zone on the Zones of Regulation.

Speak to Miss Harris or ask your trusted person to speak to Miss Harris, who will then be able to look at what support would help the most.

This might be:

- Having a daily or weekly check-in with an adult.
- A friendship group.
- Working with our Health Mentor.
- Working with our Emotional Literacy Support Assistant (ELSA), Ms Sandra.
- Having therapy sessions with our Music or Art Therapist.

There are lots of other things that may help too and by starting to talk about what you need, someone will be able to help.



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What support is there in school to support mental health and wellbeing?

- Mental Health Ambassadors, who support our classes and are always there for us.
- The adults in school that work with us.
- Our Health Mentor, who supports our physical and mental wellbeing through helping us to keep active and providing spaces for us to speak out.
- Lots of activities and clubs such as: Steering Group, Dance, Cooking, School Council, hockey, netball, football, gymnastics, Friends of Harmony and DJ Club.
- Our weekly family park run.
- Exciting learning in class that keeps our minds active and curious.
- Mental Health Awareness learning to promote positive mental health.
- A Rights Respecting ethos to promote our rights as children and empower us.
- Our Worry Box.
- Chill Out Zone.
- Nature Garden sessions
- Having adults in school that we can always talk to and know that they will help us.

What support is there in school to support mental ill health?

We have lots of support in school that the adults in school or our parents might recommend but we can also refer ourselves and ask for help. The adults are always there to guide us to choose the most appropriate support:

- Music Therapy.
- Art Therapy.
- Play Therapy.
- Emotional Literacy Support (ELSA).
- Individualised Health Mentor support with Evolve.
- Learning mentor support.
- Informal drop ins with staff.
- Mental Health Ambassador and other peer support.
- Our Lambeth Mental Health Support Team.
- Interventions in class like Lego Therapy and Zones of Regulation.

Organisations That Can Help to Support Our Mental Health and Wellbeing

Kooth

www.kooth.com

Kooth is an anonymous site, which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support around mental health and wellbeing. It is for 11 – 16 year olds.



Young Minds

Text line: Text YM to 85258.

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors.



The Mix

www.themix.org.uk

The Mix is a multi-channel advice service designed to support the physical and mental well-being of under 25s across the UK. They reach 2 million young people every year through the digital, social and mobile technologies of their choice.



Place2Be

www.place2be.org.uk

Place2Be is a children's mental health charity that provide counselling and information for pupils, families and schools to support children's wellbeing.

