





# What is mental health?

- We all have **mental health**, just like we all have physical health.
- It's about how we **think, feel and act**.
- Sometimes we feel well, and sometimes we don't.
- When our **mental health is good**, we feel **motivated** and able to take on **challenges** and **new experiences**.
- But when our **mental health is not so good**, we can find it much **harder to cope**.





# We All Have Mental Health

Just like physical health, our mental health changes over time



It's important to look after our mental health even when we're feeling good



**Excelling**

**Thriving**

**Surviving**

**Struggling**

**In crisis**

Sharing worries, struggles and problems is a great way to support your mental health



# What do all these famous people have in common??



Frank Bruno



Gwyneth  
Paltrow



JK  
Rowling



Stephen Fry





They, like millions of others, have all suffered from  
some form of mental illness

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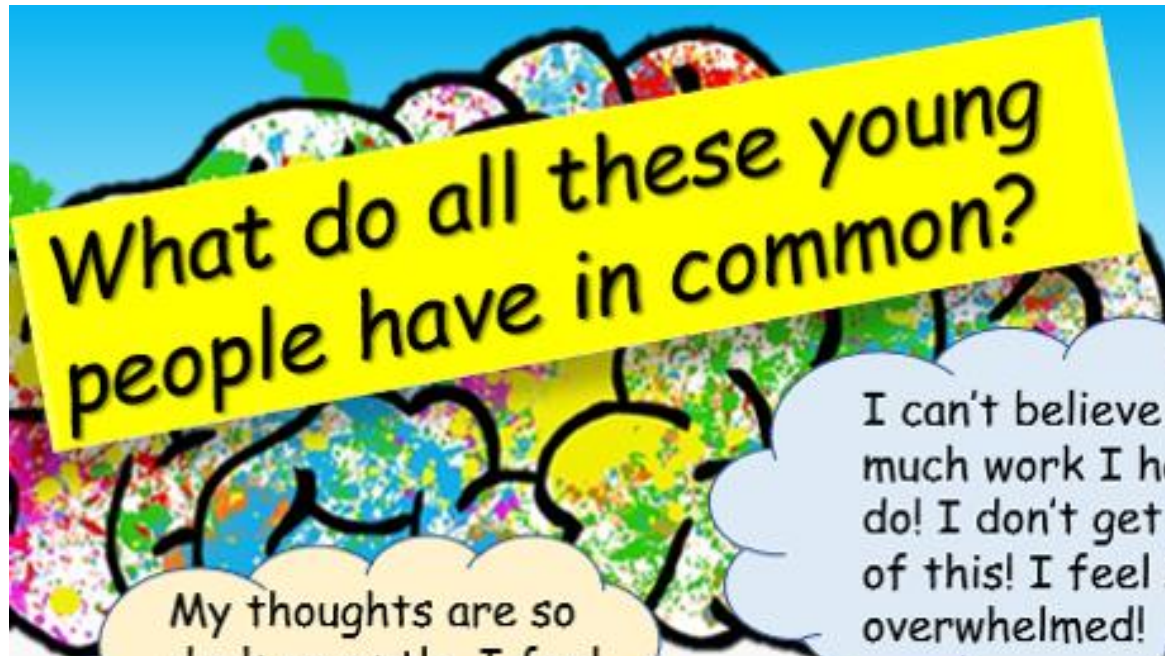
JK  
Rowling



Stephen Fry



**BLACON**  
HIGH SCHOOL



What do all these young people have in common?

My thoughts are so dark recently. I feel so, so sad. I don't want to see anyone today.



I can't believe how much work I have to do! I don't get any of this! I feel so overwhelmed!



I can't face that maths class. Sir might pick me to answer in front of everyone. I get everything wrong.



**BLACON**  
HIGH SCHOOL

- 1 in 4 people in the UK will experience a mental health problem each year.
- In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week.
- 1 in 10 people will suffer from phobias, OCD, panic disorder, PTSD, body image or eating disorders.



# How do I know if I need help with my mental health?

We all have good days and bad days....

BUT

When negative thoughts and feelings start to affect your daily life or stop you doing things you enjoy, or your ability to feel ok, this may mean you need some help with your mental health.



# When might you need some help?

Nearly everyone gets **nervous** before an exam, an interview, a first date.



But if we feel **anxious all the time**, constantly **worrying** that the **worst** could happen, if it stops us from **sleeping** well, or meeting up with friends, we might benefit from some **help**.

# Our Motto

**ASPIRE** – Aim to be the best you can be.

**BELIEVE** – Believe in yourself, have the confidence and resilience to overcome any challenges along the way.

**ACHIEVE** – Be successful not just in school but in life, achieve not just good but great outcomes and be happy in what you go on to do.

“  
YOUR MENTAL HEALTH IS  
EVERYTHING — PRIORITIZE IT.  
MAKE THE TIME LIKE  
YOUR LIFE DEPENDS ON IT,  
BECAUSE IT DOES.  
”

— MEL ROBBINS





## Where can I go for help?

### In school, talk to;

- ✓ Form Tutor
- ✓ Progress Leader
- ✓ Learning Mentor
- ✓ Family Support
- ✓ Teaching Assistant
- ✓ Teacher
- ✓ Support Staff
- ✓ Student Leaders
- ✓ Mental Health First Aiders
- ✓ Mentors
- ✓ Platform for Life

## Online – Links on school website

<https://www.blaconhighschool.net/page/?title=Mental+Health+and+Wellbeing&pid=84>



### MINDSHIFT APP

This app helps teens by giving strategies and tools to help deal with everyday anxiety.



### SMILING MIND APP

A free meditation app developed by psychologists and educators for young people aged 7 -18.



### HAPPY NOT PERFECT APP

This app has simple exercises to help with mental wellbeing.



## WHAT'S UP? APP

This app give Cognitive Behavioural Therapy Techniques.

## childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://childline.org.uk) | 0800 1111

## CHILD LINE

Phone, Text and Online Support with trained counsellors.



## NO PANIC

Talk to online counsellors about panic or anxiety.



## TEXT SHOUT TO 85258

Mental health support  
offered 24/7 via text  
messaging service.



## EVERY MIND MATTERS

Information and Advice  
on how you can help  
others struggling with  
Mental Health



## THE MIX

Support for Under 25s  
emotional and mental  
health. Trusted by the  
NHS



- Will your attitude change towards others when they show psychological stress?
- Will your attitudes towards mental health change?
- Don't rush to react.
- Look out for one another.
- Know that you are not on your own.
- Reach out if you need help.



**This World Mental Health Day, Tuesday 10th October, ITV's Britain Get Talking and YoungMinds' #HelloYellow are collaborating to help children across the country open up.**



**Together with a child psychologist and the teaching community, we've created a different kind of homework, a conversation starter that encourages children to talk about the hardest subjects on their minds, helping ease their stress and reduce their anxiety.**

What's on our minds can be the hardest subject.

So what's on yours?

Sometimes, the world can feel like a scary place.

That's why this World Mental Health Day, we've set the nation a different kind of homework.

Because talking about the hardest subjects on our mind can help ease our stress, and reduce our anxiety.

And working on a shared task like this one is a brilliant way to start a proper chat if you need a hand.

1

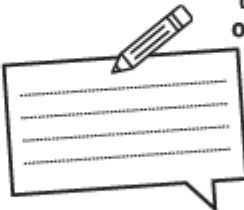
Ask your parent, carer, or an adult you trust if they'll help you with your homework.  
  
Tell them not to worry - nothing will be marked, and they won't even need a calculator!

2

Get talking  
If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise. You can use the box or go outside the lines. Remember: there are no right or wrong answers.

3

Now, spend time together talking through any worries one by one. Discuss questions such as:  
  
*How does it make you feel?*  
*What are you most afraid might happen?*  
*Would it help if you had more information?*



Get listening

Even if we're used to talking together, it can be hard to open up about our worries or fears, particularly the more serious or scary ones. Perhaps you're afraid that talking about them might make you both worry more,

but the reality is the opposite is more likely to be true. When we talk about the hardest subjects, we don't have to have all the answers. The important thing is to listen without judgment, and try not to rush to resolve the problem.



## Top tips for having difficult conversations.



Try having the conversation whilst doing another activity for example the washing up.



Start the conversation with open-ended questions like "What's on your mind?"



Actively listen and leave room for them to speak. You don't need to fix all their problems immediately.



Sometimes it helps to share personal stories or experiences to help put them at ease.



If they don't want to talk, reassure them that the door is always open when they're ready.

“

**Mental health...is not a destination, but a process. It's about how you drive, not where you're going.**

**NOAM SHPANCER, PHD**

“

**There is hope, even when your brain tells you there isn't.**

**JOHN GREEN**

“

**Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain.**

**MATT HAIG**