

Make Time to learn about mental health



Mental health

We all have mental health just as we all have physical health.

Our mental health can vary over the course of our lives.

Along with hundreds of schools nationwide, we are taking part in Make Time to help everyone feel comfortable to talk about mental health.

We all have
mental health
just as we all
have physical
health.

time to change

let's end mental health discrimination

Mental health in our school



Funded by



Run by



Draw a typical teenager

- They need to give them a name; age; identity; who are their friends? What's going on for them in their life? What do people say about them – at school/college; in the community; in the media; in their family

A definition of mental health

"The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities."



Some types of mental health problems

- **Depression** – low mood, hopelessness, loss of energy
- **Anxiety disorders** – sense of worry, panic, dread which is affecting someone's ability to live their life as usual
- **Eating disorders** – may have an unrealistic view of their body shape and weight. Not just about dieting - often low self esteem or a lack of control over other things.
- **Self harm** – often a way of coping with emotional difficulties.
- **Psychosis** – change of reality. Sometimes hearing voices and seeing things that others don't see / hear. May feel paranoid.

Mental health

The facts

1 in 10 children and young people will experience a mental health problem before the age of 16. That's three students in an average-sized class.

1 in 4 adults will experience a mental health problem in any year.

Even if a young person doesn't experience mental health problems directly, the statistics above suggest he/she is likely to know someone who is affected.



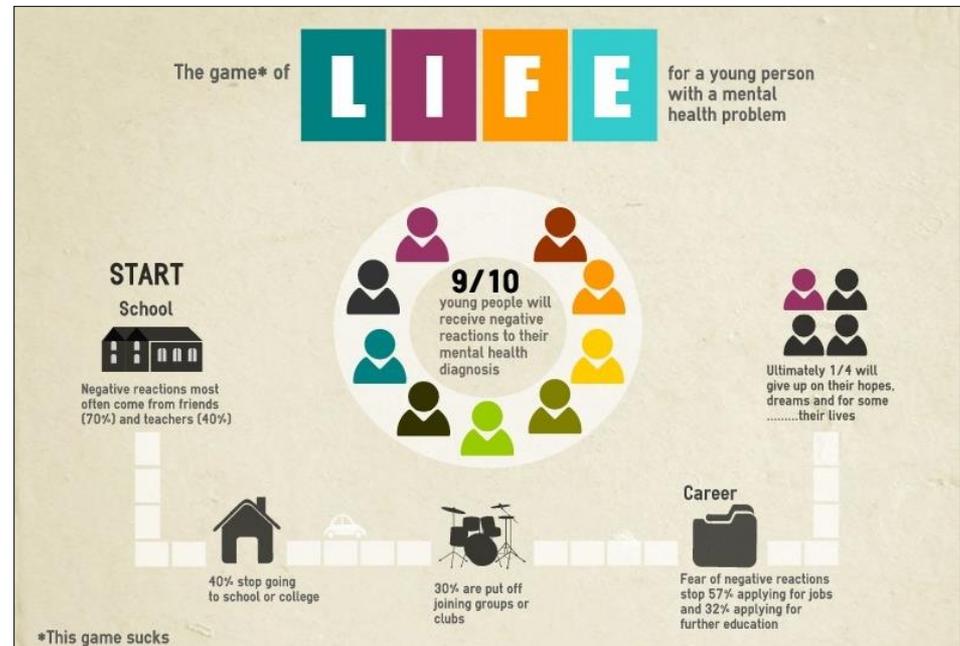
Mental health stigma

The current environment

9 in 10 of young people who experience mental health problems say they have experienced stigma and discrimination as a result.

Nearly 3 in 4 young people with mental health problem fear the reactions of friends.

Stigma stops young people seeking help if they need it. It stops them living normal lives, and can result in them giving up on hopes and dreams.



Creating an open culture

Being more open about mental health benefits us all

It can be an effective preventative strategy; normalising the topic and the experience.

It enables young people to look after their own mental health and ask for help if they need it. It also helps them to support their peers or family members outside school.

Early intervention can have a huge impact and positively influence a young person's recovery.

“We can make sure people are better able to seek support should they need it, and avoid reaching crisis points that inevitably have an impact on progress and learning, or success at work.”

Matthew Wright, Headteacher

Creating an open culture

Being more open about mental health benefits us all

Of course, as teachers, we can also be affected.

In a survey of Nasuwt teaching union, 83% respondents reported workplace stress.

Teaching is among the ‘three most stressed occupations’, according to research by a University of Manchester academic, quoted in the Times Educational Supplement (TES).

“We can make sure people are better able to seek support should they need it, and avoid reaching crisis points that inevitably have an impact on progress and learning, or success at work.”

Matthew Wright, Headteacher

Quotes

“Many people make jokes about depression / bi-polar / other disorders and it can make people feel ...

...isolated. I was constantly picked on and called ‘emo’ because I was depressed. When people saw scars on my arms everyone made snide comments because they had no understanding.”

www.time-to-change.org.uk/young-people-programme
Children and young people’s programme development. Summary of research and insights



'We all have different chapters to our story'

I was constantly attempting to hide what was beneath all the smiles and dance moves. Taking off this mask was the hardest thing I've ever had to do.



Angela

#timetotalk

time to change

let's end mental health discrimination

Us men can handle anything. We don't cry or talk about our feelings. That's how I was brought up. But it's not as easy as that, is it?

Jo

#timetotalk

time to change

let's end mental health discrimination



Adam

"I wish when I was that young, hurting, fearing for my life, that somebody had noticed. Luckily I realised I needed help and opened up."

#timetotalk

time to change

let's end mental health discrimination



Bernice

People often think social anxiety is just shyness. Trust me, it's not: it can ruin a person's life.

time to change

let's end mental health discrimination

Blogs: www.time-to-change.org.uk/category/blog/young-people

Creating an open culture

You don't need to be an expert

Conversations come in many forms. Short, informal chats can make a big difference.

One of the most significant things for young people is that they know they can come to talk to someone if they are worried – whether it's about themselves or someone else.

Just being open to talking about mental health will almost always help. Showing you're available, and that you care, will mean a lot.

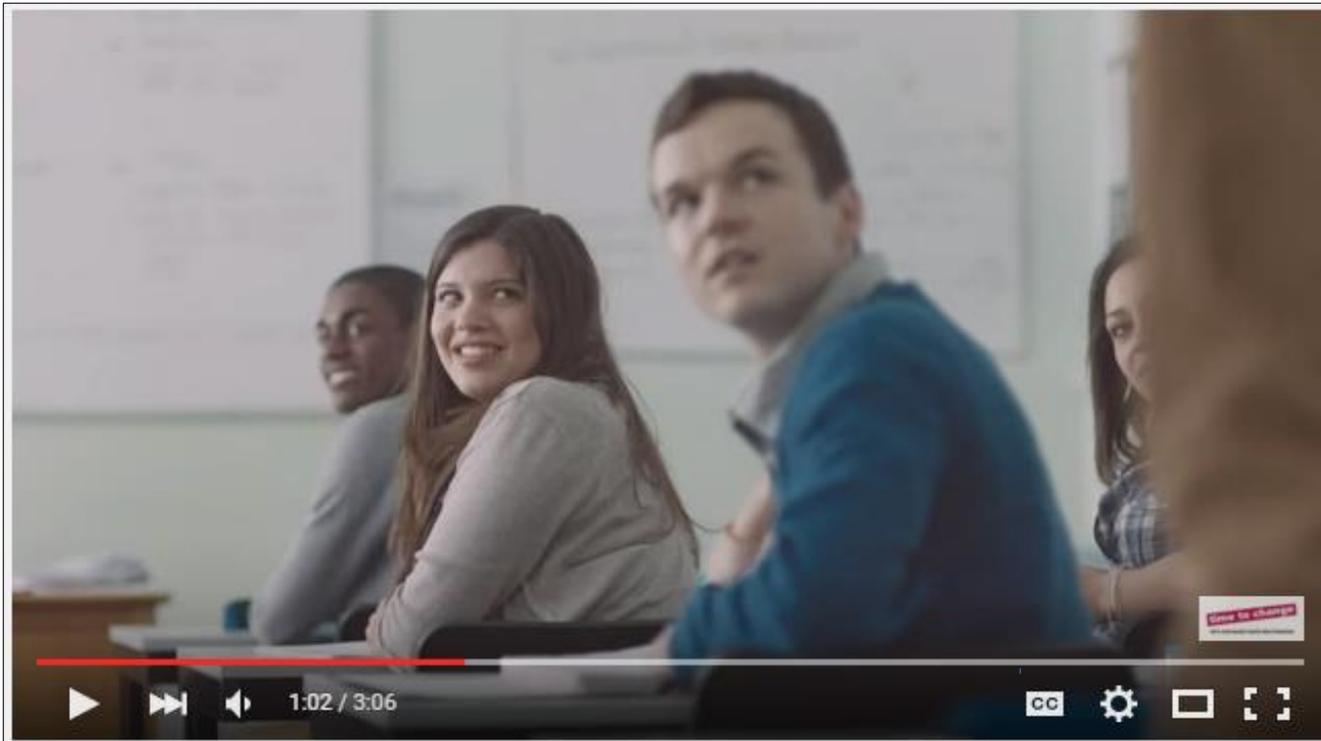
“It's not a question of enormous resource, or a massive amount of teacher time.

It's just a change of mindset that you're having these discussions.”

Kate Donovan, Deputy Head

Mental health

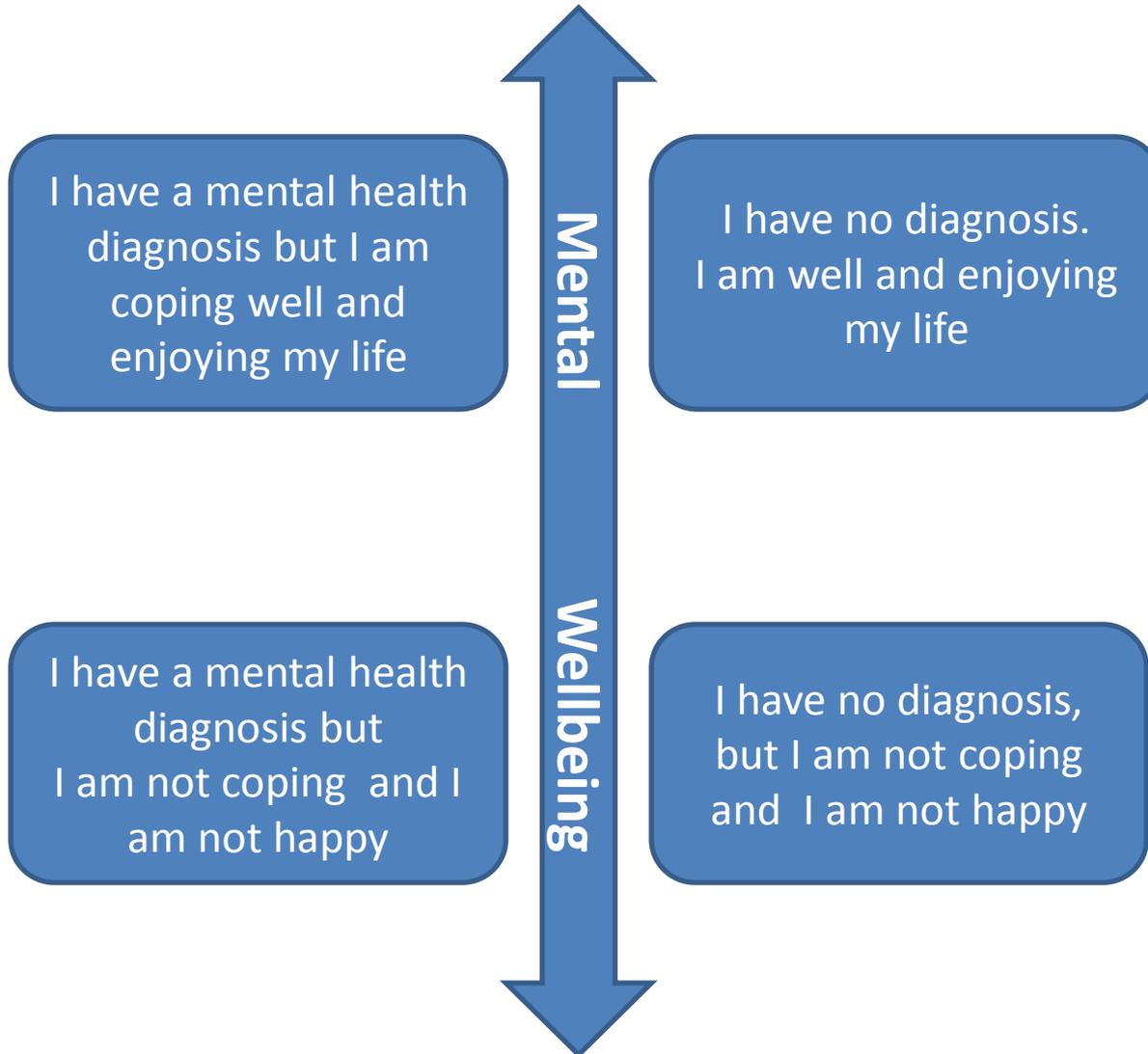
The stand up kid



[Click image for YouTube film]

Mental health is on a spectrum

Good wellbeing



Poor wellbeing

- ‘Steve’ – Steve is 19, has a diagnosis of schizophrenia, is having treatment and feels life is going really well for him at the moment – he’s at university, works part time, he’s in a relationship with a very supportive partner and he’s got a good friendship group.

- Jenny is 15, she does not have a mental health diagnosis, but is really struggling to cope with the pressure of her GCSE exam preparation and her friends are worried about her because she's lost a lot of weight and doesn't hang out with them after school any more.

8 ways to wellbeing

Talking

Being open with people I trust about how I'm feeling.

Exercising

Looking after my body, playing sport, eating healthy.

Calming

Trying meditation, good sleep habits like turning my phone off early.

Learning

A new skill, a great way to gain confidence.

Relating

Spending time with the people I care about.

Contributing

Helping others or contributing to causes I believe in.

Creating

Expressing myself creatively e.g. music, art, drama, writing.

Congratulating

Being kind to myself, or listing the qualities I value in myself.

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart & Blincow with Thomas 2007

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart & Blincow with Thomas 2007					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help child/YP understand their place in the world		Engage mentors for children/YP	
		Being safe	Tap into good influences		Solving problems
	Access & transport	Keep relationships going	Map out career or life plan		Putting on rose-tinted glasses
		The more healthy relationships the better		Fostering their interests	
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Calming down & self-soothing	Help the child/YP take responsibility for her/himself
	Exercise and fresh air	Responsibilities & obligations		Remember tomorrow is another day	
		Enough sleep	Focus on good times and places		Lean on others when necessary
	Play & leisure	Make sense of where child/YP has come from	Highlight achievements	Have a laugh	
	Being free from prejudice & discrimination	Predict a good experience of someone or something new			Develop life skills
	Make friends and mix with other children/YPs				

At the same time, there are many risk factors which make a child less likely to achieve.

There are certain issues that keep cropping up in the research findings about what can work in building resilience in vulnerable children and young people, including:

1. at least one trusted adult, with regular access over time, who lets the pupils they 'hold in mind' know that they care
2. preparedness and capacity to help with basics, i.e. food, clothing, transport, and even housing
3. safe spaces - quiet, safe spaces for pupils who wish to retreat from 'busy' school life
4. making sure disadvantaged pupils actually access activities, hobbies and sports
5. help to map out a sense of future (hope and aspirations) and developing life skills
6. help to develop and practice problem-solving approaches at every opportunity
7. help for pupils to calm down and manage their feelings
8. support to help others e.g. volunteering, peer mentoring.
9. opportunities for all staff, pupils and parents to learn about resilience
10. staff treat each other with care and respect, modelling the behaviour they expect from pupils.

Plans ...

Already...

- Launch of Growth Mindset to inspire resilience.
- Schemes of work in PSHE – some new, some being re-written
- Weekly meditation
- Counselling (2 days a week) ESBAS support (1 day a week) alongside in-house support groups through pastoral care (SAS, Group work), SEN (OT), chaplaincy (Spectrum)
- Specific support for year 11 ahead of exams: Mentors, yoga, stress busting tips and support from Michele Miller & workshops for key pupils.

The future ..

- Health schools Grant – PH & DB to attend specific courses and bring back to implement in school.
- Improved resources to be used with pupils and parents. (emotional health and well being, self harm, conversation starters).
- Reading Well Section of library – book list
- Focus on healthy eating and exercise – pedometers, new sports equipment
- Focus on peer support – designated space – peer training strengthened.
- Launch end of Jan/Early Feb – time to talk about it day (2 feb) Assemblies, posters, campaigns, ideas for forms.
- Staff training on own well being and how to support pupils. Art of Brilliance company.

What other ideas can we come up with?

At the same time, there are many risk factors which make a child less likely to achieve.

There are certain issues that keep cropping up in the research findings about what can work in building resilience in vulnerable children and young people, including:

1. at least one trusted adult, with regular access over time, who lets the pupils they 'hold in mind' know that they care
2. preparedness and capacity to help with basics, i.e. food, clothing, transport, and even housing
3. safe spaces - quiet, safe spaces for pupils who wish to retreat from 'busy' school life
4. making sure disadvantaged pupils actually access activities, hobbies and sports
5. help to map out a sense of future (hope and aspirations) and developing life skills
6. help to develop and practice problem-solving approaches at every opportunity
7. help for pupils to calm down and manage their feelings
8. support to help others e.g. volunteering, peer mentoring.
9. opportunities for all staff, pupils and parents to learn about resilience
10. staff treat each other with care and respect, modelling the behaviour they expect from pupils.

The launch



Join us on 2 February
and get talking about
mental health.

Conversations change lives.

Wherever you are, whatever the time,
your conversation matters.



time to change
time to talk
day 2017

let's end mental health discrimination

[> Find out more](#)

More people are talking about mental health

Zoella



“I know just how isolating it can feel to experience severe anxiety. However, the overwhelming response I’ve received online, shows just how many young people confront it every day. I am passionate about the need for everyone to feel ok to speak out.. to ask for help.”

Which famous pop star said this?

Zayn Malik



“Unfortunately my anxiety that has haunted me the last few months... has got the better of me. I know those who suffer from anxiety will understand and I hope those who don’t can empathise with my situation.”

Which famous pop star said this?

Demi Lovato



“I spent so many years struggling with depression and bipolar depression and I couldn’t figure out why... I was the star of my own TV show and I was on tour; I had this seemingly awesome life but I was still struggling. When I got the right diagnosis it was almost like a relief to me that I could pinpoint what was going on and work on the solution.”

Mental health

We all have physical health just as we have mental health.

Mental health problems are common.

Recovery is possible. Seeking help is important.

time to change

let's end mental health discrimination

Make Time 2016

Session 2

Make Time for me

Funded by



Run by





How are you feeling?

Jump around!





How are you feeling?

Physical and mental health

How does physical activity make us feel better?

Physical activity increases blood flow to the brain.

It releases endorphins.

Endorphins are the happiness chemical!

Physical activity

Get off the bus one stop early.



Stand up every half hour and go for a short walk.



Create a positive music playlist to listen to while you walk or exercise.



8 ways to wellbeing

Talking

Being open with people I trust about how I'm feeling.

Exercising

Looking after my body, playing sport, eating healthy.

Calming

Trying meditation, good sleep habits like turning my phone off early.

Learning

A new skill, a great way to gain confidence.

Relating

Spending time with the people I care about.

Contributing

Helping others or contributing to causes I believe in.

Creating

Expressing myself creatively e.g. music, art, drama, writing.

Congratulating

Being kind to myself, or listing the qualities I value in myself.

Make Time for me

We can all take care of our mental health in lots of different ways.

Make sure you make time for your mental health.

The launch



Join us on 2 February
and get talking about
mental health.

Conversations change lives.

Wherever you are, whatever the time,
your conversation matters.



time to change
time to talk
day 2017

let's end mental health discrimination

[> Find out more](#)

time to change

let's end mental health discrimination

Thank You

Funded by



Run by

