

## **Mental Health Support**

Children's emotional well-being is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Things that can help keep children and young people mentally well include:

- being in good physical health, eating a balanced diet and getting regular exercise
- having time and freedom to play, indoors and outdoors
- being part of a family that gets along well most of the time
- going to a school that looks after the wellbeing of all its pupils
- taking part in local activities

Other factors are also important, including feeling loved, trusted, understood and safe. Children who are optimistic, and resilient, have some control over their lives and feel like they belong are more likely to have good mental well-being.

Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago.

## **Support for pupils at BBEC**

We are tenacious in ensuring that all pupils have access to support in school and will refer pupils to suitable additional external support to ensure that negative mental health issues are reduced so as not to be a barrier to learning and future aspirations.

We work with external agencies that provide mental health support at different levels, reflecting the individual needs and nature of mental health. If you have any concerns about your child's mental health, please contact the Welfare and Safeguarding Team.

## **Additional support for pupils and parents**

Here you will find links to external websites that offer additional support for some mental health concerns.

REMEMBER, YOU SHOULD VISIT YOUR GP TO DISCUSS ALL CONCERNS

### **Anxiety and depression**

- [Mental Health Support For Young People | YoungMinds](#)
- [How to support a teenager who is experiencing anxiety | Relate](#)
- [Anxiety | Teenage Helpline](#)

### **Exam stress and support**

- <https://www.studentminds.org.uk/examstress.html>

**If you think that your child is at risk of serious and/or imminent harm you must take them to your local hospital for urgent medical assessment.**

*Immediate risk to life, call 999.*

*Alternatively, Safer Spaces can be considered as an alternative to hospital admission, this can be arranged by First Response.*

*First Response, 0800 9521181, this is a 24-hour service.*

- <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>
- Support line <https://www.supportline.org.uk/problems/exam-stress/>
- <https://www.gcsepod.com/student-resources/>

### Eating disorders

- [The UK's Eating Disorder Charity - Beat](#)
- [Treatment and support for eating problems - Mind](#)

### Sleeping issues

- [Home - Teen Sleep Hub](#)
- [Sleep Problems | Mental Health Support | YoungMinds](#)

### Self-harming

- [Information for 11-18 year olds on coping with self-harm - Mind](#)
- [How to support a child or young person who is self-harming - Place2Be](#)
- [Self-harm | Advice for young people | Get help | YoungMinds](#)



**AMBITION**



**RESILIENCE**



**COURTESY**



**KINDNESS**

