

# Mental Health Edition

It is important that we understand how to look after each other and ourselves, particularly when it comes to our mental health. When things change and routines are different, we can struggle with how we adapt. This special edition of the bulletin will let you know who you can go to for support, as well as give you all the details we have covered about mental health during our weekly bulletins.

**Remember, it's ok not to be ok. Not doing anything about it rarely makes things better.**



## What is Mental Health?

### MENTAL HEALTH IS A BIG ISSUE

Young people's good mental health has never been more important. A Young Minds survey has found that 1 in 8 children have a diagnosable mental health disorder – that's roughly 3 children in every classroom. And if left treated, adverse (negative) childhood experiences—ACES—can impact the rest of your life. So if you are feeling low, you are not alone. But it is important to get help.

### WHAT IS GOOD MENTAL HEALTH?

Good mental health is knowing that your emotions are ok, even when they are negative. Good mental health is not being happy and smiley all the time.

Good mental health is also knowing some strategies and some hacks to cope with negative stuff your thoughts can play on you.

### WHAT IS THIS GUIDE FOR?

With a little support, you can massively improve your mental health and build your resilience. This booklet will give you guidance to look after yourself and to get support.

### REACH OUT

You can reach out by:

- Messaging the THS Support Insta account
- Sending a Safe Support Text
- Completing a student well-being form
- Talking to a THS member of staff.

## DSL Team

**THS SAFEGUARDING TEAM**

**DESIGNATED SAFEGUARDING LEAD**

 Mrs Beal  
DSL

**DEPUTY**

**DESIGNATED SAFEGUARDING LEADS**

 Mrs Ball  
Safeguarding Support Officer

 Mrs Adams

 Mrs Aldous

 Mrs Bibe

 Mr Naylor

 Mrs Price

THERE ARE TRAINED MEMBERS OF STAFF TO WHOM YOU CAN TALK THEY CAN BE IDENTIFIED WEARING A BLUE LANYARD

In this edition, you will learn about what a DSL is and also how they can support you and your family, should you need a little bit of extra support.

All members of our community are trained in safeguarding, so please talk to anybody with whom you feel comfortable, should you need to.

The team on the left show you some familiar faces and this is the team that deals with any concerns and make sure the correct people are in the correct places to give you the support you need.

# Your DSL team

At The Holmesdale School, our most important job is to ensure all of our students are safe and well looked after during their time with us. Sometimes, things do not always go right, but we are here to help. Below, you can see people who have been specifically trained to support you and your family.



## THS SAFEGUARDING TEAM DESIGNATED SAFEGUARDING LEAD



Mrs Beal  
DSL

### DEPUTY

#### DESIGNATED SAFEGUARDING LEADS



Mrs Ball  
Safeguarding Support Officer



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### Did you know that every grown up you come into contact with at The Holmesdale School is trained in safeguarding?

This means everybody, from our catering staff, to our MI-TIE team, all the way to our teachers and governors; we are all here to put your safety and wellbeing at the forefront of everything we do.

### What is a DSL?

A Designated Safeguarding Lead has an extra level of training to help safeguard our community. They have specialist training to help recognise, respond, record and refer any safeguarding concerns.

### Who are the team?

Mrs Beal is the Lead DSL and has overall responsibility for safeguarding. Mrs Ball is supporting the safeguarding of the school by ensuring all of our students get timely support should any concerns arise.

You will also notice that all of your SSMs are DSL trained: Mrs Adams; Ms Price and Mrs Aldous.

We also have Mr Naylor and Mrs Bibe, who have recently joined our team!

### What happens if my family need support from the safeguarding team?

This is exactly what we do, 'support'. We are not here to judge or form opinions about whatever struggles you are facing, but to provide a safe space in order to report any concerns and ensure all parties concerned get any specialist intervention they may need.

### What to do if you have concerns about a member of our community?

Talk to a member of the DSL team. The first point of contact should be your SSM, but you can talk to any member of staff with whom you feel comfortable.

You can also reach us by using the email address: [ths-safeguarding@swale.at](mailto:ths-safeguarding@swale.at)

# Tips to Support Your Wellbeing

Your staff are well trained in supporting you and have dealt with many students who are struggling with their wellbeing. Have a look at some top tips below.

## TIPS to Support Your Well-Being

- Look after your diet and health. Your mind and body are connected. Avoid too much sugary stuff and over-eating because of boredom.
- Take exercise to make yourself feel good. Fresh air is good medicine for your mind and body.
- Sleep is even better medicine!
- Feed your mind. Read, do puzzles & balance out the rubbish media browsing with some more thought-provoking viewing.
- Take some time every day to have some fun and to take time for yourself. Create a self soothe box – with some photos, a stress ball or some positive affirmations.
- Take time to connect with staff, school mates, family members.



*Although THS has a 14—strong pastoral, well-being & safeguarding team, every member of staff has had mental health training. This means that you can speak to any member of staff. They can get you support you need.*

### WE ARE HERE FOR YOU

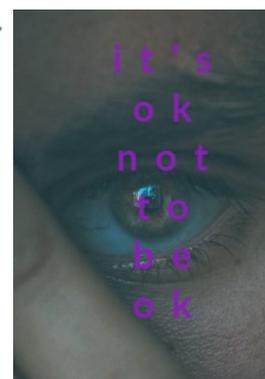
Looking after your welfare and well-being is our most important responsibility. **We are here to listen.** Although THS has a 14—strong pastoral, well-being & safeguarding team, every member of staff has had mental health training. This means that you can speak to any member of staff. They can get you support.

### HELPING YOU TO HELP YOURSELF—our planned programme

Over the past few months we have developed lots of lessons on well-being and resilience, created bulletins, guides and quizzes to educate you on mental health—what it is and why it is important to talk about it. Mrs Beal's famous PD bulletins have excellent advice on mental health. Check out the special mental health edition. THS Safeguarding team set quizzes and newsletters on online safety and mental health on SMH. Our PSHE lessons teach you self-awareness, managing feelings, empathy for others, social skills and to have aspirations and self motivation. Don't forget Mr Prebble's 'You are awesome' project.

### Getting you specialist support

Complete a student welfare form or speak to your SSM to get access to counselling, anger management or one to one support from specialist services.



# Low Confidence/Self-Esteem

Self-esteem is how a person feels about themselves. There are many pressures that can affect your self-esteem, for example: social media, bullying, exams, family problem.

If you have a negative image of yourself or you might feel bad, ugly, unlikeable or stupid, you have low self-esteem. You may find it hard to make and keep friendships.

## *What you can do::*

Be kind to yourself. Eat well. Use apps to help you sleep well.

Create a gratitude list and add to this every morning.

Talk to a member of staff and someone in your family.

Be careful about what social medial you go on. If it makes you feel bad, then find somewhere else to visit.



*Connect with people. Get active. Learn new things. Be kind to yourself and others. Live in the moment—5 simple steps to mental well-being.*

# Bullying

Bullying can be physical or psychological. It can take place in the real world or online. You can be bullied by one person or a group of people. Bullying is a big term that covers a lot of things. One thing that can define bullying is that it sustained—and takes place more than once.

Bullying has been around for ever and affects over one million young people every year.

Bullying can make you feel isolated and worthless, lonely, anxious, angry and lacking confidence. You may experience some or all of these feelings.

Some people who are being bullied develop depression, anxiety and eating problems. They may self-harm or turn to drugs and alcohol.

.Bullying in any form is hurtful and unacceptable and can make your life miserable.

## *What can you do?*

Tell a member of staff and someone in your family.

If the bullying is online, report them to CEOP.

[Www.ceop.police.uk](http://www.ceop.police.uk)

Block them from your social media.

Make sure that your friends make you feel good about yourself.

Keep reporting the bullying until it stops. It may not stop the first time you tell your parents or teacher and they try to stop it. If the bullying continues, tell them again.



# Other Support

There are lots of resources available to help support young people with their mental health and emotional wellbeing. Below are some of our favourites.



Free, safe and anonymous  
online support for students

It can be difficult when you do not have your usual routine. It is normal to feel anxious during times of uncertainty and unsure of how to manage your emotions. Luckily, there is plenty of support available to you. There is also plenty of support online, too. Kooth is a good example of a free website that offers online support for students.

Monday - Friday 12pm - 10pm  
Saturday - Sunday 6pm - 10pm

## WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

#ADDRESS YOUR STRESS

**Where's my mental health today?**

How do I feel today?

Mentally?

Physically?

**Looking after my wellbeing**

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?

**How's my thinking today?**

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit [getselfhelp.co.uk](http://getselfhelp.co.uk) or [moodgym.com.au](http://moodgym.com.au)

**My Stress Container**

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your Stress Container at [mhfaengland.org/mhfa-centre/campaigns/mhaw2018](http://mhfaengland.org/mhfa-centre/campaigns/mhaw2018)



MHFA England

There are simple steps you can take to #AddressYourStress. Check out our resources at [mhfaengland.org](http://mhfaengland.org)

Sometimes small gestures can make a big difference when you're going through a rough time.

All it takes is a text, a chat, a tweet, something to show you're there.

Be the mate you'd want.

Dave



Dave has teamed up with the mental health charity CALM to start a campaign against living miserably.

'Be the mate you'd want' is a really good way to look at things. Have you been in touch with your peers? Have you messaged to check in on people? Have you reached out if you need support?

Together, we are much stronger.

For more information, head to Dave's website where there are helpful links and resources to help you understand how to be a good mate to somebody who may not feel themselves.

Don't forget, your teachers are only an email away, too.

# Other Support



Head to their website for more information.

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

**Unicef**, a leading charity, has come up with 6 strategies for teenagers to use called:

6 strategies for teens facing a new (temporary) normal.

This is an unsettling time and it is completely normal to feel anxious or unsure about what is happening. The important thing is that you are supported if you start to feel this way.

Here is an extract from the website and one of the strategies:

### Focus on you

Have you been wanting to learn how to do something new, start a new book or spend time practicing a musical instrument? Now is the time to do that.

Focusing on yourself and finding ways to use your time is a productive way to look after your mental health.



It is important to remember that you have a lot of support available to you.

Did you know that your teachers were still busy working over the break? They were planning your lessons, your curriculum and also taking part in online courses to ensure we are the best we can be when supporting our students.

It is also important to remember that there are a range of services available to you, too. Some of these are listed in the picture to the left.

The school community is strong and we look after each other. All of your teachers, support staff and senior team are available to talk to you if you need support.

Staff email addresses can be found on the school website.

Looking after your mental health is one of the most important things you can do. Having good mental health helps us relax more, achieve more and enjoy our lives more.

The NHS has expert guidance to help you improve your wellbeing.

<https://www.nhs.uk/oneyou/every-mind-matters/>

**Every Mind Matters**

## Coronavirus and wellbeing

10 tips to help if you're worried about coronavirus >

How to fall asleep faster and sleep better >

Looking after children and young people >

7 simple ideas to tackle working from home >

Mental wellbeing while staying at home >

What you can do if you feel lonely >

# Are you a parent needing support?

Are you a parent trying to support a young person with their mental health? Young Mind provides support and advice for young people, but also has lots of support available for the families of those who may have low mood.

You can find the resources here:

<https://www.youngminds.org.uk/parent/>



Perhaps you are a parent who struggles with their own mental health. Mind provide support for parents who suffer from mental health disorders, and helps them to understand how to support their children through understanding this.

[Mind Support](#)

## Other Support

Young Minds: mental health such as depression, and emotional well-being, including crisis support

<https://youngminds.org.uk/find-help/>

Maidstone Mind: courses to combat stress and manage anger

<https://www.maidstonemind.org/>

Kooth: free counselling. Create an account to access a wide range of support.

<https://www.kooth.com/>

The Mix: support with mental health, substance abuse, money, jobs.

<https://www.themix.org.uk/>

CHILDLINE FREEPHONE: 0800 1111(24 hours)

Childline: free helpline for young people. Free confidential telephone counselling service

<http://www.childline.org.uk/>

B-EAT YOUTH HELPLINE - 0845 634 7650 : Information, help and support for anyone affected by eating disorders.

[www.b-eat.co.uk](http://www.b-eat.co.uk)

PAPYRUS: suicide support service. 0800 068 41 41

<https://www.papyrus-uk.org/>

FRANK: drug and substance abuse support. 0800 1689111

<https://www.talktofrank.com/>

Mood Spark: tips for well-being

<https://moodspark.org.uk/>

# Other Support

## APPS for mental health



MINDSHIFT—for anxiety



CALMHARM—self-harm



CATCHIT—manage anxiety and depression



SAM—for panic attacks



FOR ME—Childline app

## ANXIETY

Anxiety is a feeling of worry or fear which is normal but when it gets stuck that it can stop you from doing things. You can feel physical symptoms such as heavy breathing, being hot or you can have feelings such as having scary or negative thoughts.

### *What you can do:*

Breathe slowly and mindfully.

Talk with a member of staff or someone at home.

Do something creative to distract yourself.

Do something physical.



## DEPRESSION

Depression is a low mood that lasts for weeks or months and affects your daily life. You can suffer with low energy, sleep problems and means that you take no pleasure in anything.

### *What you can do:*

Get support from school - counselling may help. A visit to the GP is really recommended. Try to increase your physical activity. Eat well and use apps to help your sleep.

Get support from your family—get support from adults.

Avoid too much social media. Use the CalmHarm app.

Do something creative to distract yourself.

Do something physical.



## SELF-HARM

A person may self-harm to help them cope with negative feelings and difficult experiences, to feel more in control. It is supposed to reduce tension but ultimately, increases tension and anxiety. Self-harm is a coping mechanism. It is a symptom of an underlying problem.

### *What you can do:*

Get professional help—visit your GP.

Talk to a trusted member of staff who can get you some specialist help. Talk to a member of your family—get support from adults.

Avoid too much social media. Use the CalmHarm app.

# Holmesdale is here to help.

Bottling things up or ignoring your feelings, rarely makes things better.

Reaching out is really the brave thing to do.

And remember to help others too. Perhaps you are worried about a friend.

Talk to a member of staff.



It doesn't take much to be kind



Witness It



Report It



Return

ENGAGEMENT

CHARACTER

COMMUNITY

OWNERSHIP

[THS-safeguarding@swale.at](mailto:THS-safeguarding@swale.at)



THE  
**HOLMESDALE**  
SCHOOL

PUTTING PROGRESS FIRST