

# Mental Health & Wellbeing

By Viv Wilson – Student Support/Mental Health Lead

# What do I know???

- 14 years at Poole Grammar School
- Poor mental health myself from the age of 14
- Mum to twin boys, now 19 and all survived (including me)!!!
- Various training
- Youth Mental Health First Aider
- Passionate about promoting positive mental health for staff and students

*What is mental health?*



Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organisation)

# What do we see at Poole Grammar?

- Self harm
- Depression
- Anxiety
- Bereavement
- Suicidal ideation
- Worries about sexuality
- Sibling issues
- Bullying
- Transgender
- Worries about friends and family

- Young carers
- Domestic violence
- Excess gaming
- Sexting
- Sleep problems
- Abuse

To name but a few and can all have an effect on mental health and wellbeing!!!

# What can Poole Grammar offer?

- We are not mental health workers and do not have a school counsellor
- 3 dedicated pastoral support workers
- Tutors, heads of year have regular contact with students
- 1:1 sessions with students if needed
- Outreach worker 1 ½ days a week (subject to availability)
- Referrals to a number of external services such as CAMHS, Mosaic, Family Outreach, YADAS, Number 18, Adolescent Youth Workers/Youth Mentors, School Nurse.....

1

Reassure your son and offer your support

2

Contact year office/tutor

3

See your GP

4

Look online for help and support

What to do if you are worried about your son?

## What can you do to help your son?

- *Encourage self-help (internet, helplines)*
- *Use apps such as Headspace/Calm*
- *Get plenty of sleep (turn the internet off at a sensible time)*
- *Remove electrical devices from the bedroom (you are allowed!!!!)*
- *Get your son to get some fresh air (sport, running etc)*
- *Encourage your son to speak to teachers or a trusted member of staff if they are worried about school work (teachers do understand the stresses and strains of being a teenager)*
- *Teenagers don't always want to talk to their parents but do spare a bit of time to listen if you can (they'll love you for it really 😊)*
- *Monitor their workload so that tasks are not left undone and therefore accumulate creating potential stress*



Help from the internet

**YOUNGMiNDS**



*Raising awareness*



*fighting depression*

# Downloadable Resources

Many of our resources in school come from The Charlie Waller Memorial Trust. Please look at their website for many useful podcasts, information and booklets.

[www.cwmt.org.uk](http://www.cwmt.org.uk)

*Raising awareness*



*fighting depression*

Thank you so much for listening.

If you have any questions please don't hesitate to contact me or a member of the pastoral team.