



Mental Health Assembly

13th October 2020

**Mr Williams – DHT and Designated
Safeguarding Lead**



Show Racism the Red Card

Friday is a non-uniform day – wear some red instead!

Please bring in £1 to drop in the buckets at the school entrances

Students must wear lanyards all day as usual

Staff are encouraged to wear red as well





World Mental Health Day – Saturday 10th October 2020

‘Mental Health for All’

What is Mental Health?

YoungMinds define **mental health** in **young people** as:

“The strength and capacity of our **minds** to grow and develop, to be able to overcome difficulties and challenges, and to make the most of our abilities and opportunities”.





5 top tips – to help our mental health

1. CONNECT

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

- This is particularly important and challenging during the COVID-19 epidemic.
- Online platforms have sprung up to enable us all to see friends and family.



2. BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

The current guidance says that everyone is able to go out each day for exercise – just not in large groups.



3. BE CURIOUS

Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

This is often taken to be mindfulness and if that works for you that's great. In current circumstances it's hard not to worry about the future, your home, your family, your community, our school.

Take some time each day to talk about how you are feeling and notice the feeling of fresh air and sunshine on your faces while you are outside.



4. KEEP LEARNING

Try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. As well as being fun, learning new things will make you more confident.

- Learning something new or improving a skill you already have is a way of shutting out the outside world for a bit and giving you a sense of achievement. This isn't all about grades or qualifications but setting yourself a challenge and attempting to master it.



5. GIVE

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

There are ways that you can help others while still following COVID guidelines.

You could try sending an email, social media message or by writing a thank you note to someone who has helped you out



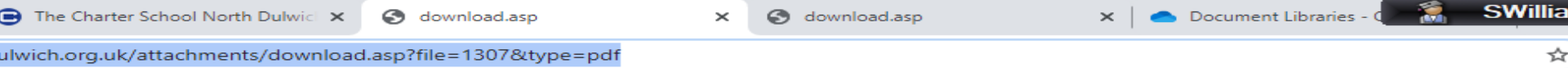
Seeking Support – just ask!!

- Our staff in school will all listen to you
- Your friends will listen to you
- Your family will listen to you
- We have Mental Health First Aiders in School, 2 counsellors and our wonderful Inclusion Team who will all listen to you
- And remember, **it is ok not to be ok!**



Online Support – Check out our website!

<https://www.charternorthdulwich.org.uk/attachments/download.asp?file=1307&type=pdf>



MENTAL HEALTH SUPPORT HELPLINES

Key services for students and staff to contact.



FOR: CHILDREN AND YOUNG PEOPLE UNDER THE AGE OF 18 / PARENTS/CARERS

All children and young people struggling with their mental health can call the helpline for advice and support. Parents, carers and families or professionals with concerns about a young person's mental health can also call the number.

CONTACT 24 HOUR GENERAL ENQUIRIES on **020 3228 6000**.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is the free helpline and online service for children and young people in the UK. You can call 0800 1111 or visit the website to talk to a trained counsellor about any problem, or talk to other young people via their message boards. www.childline.org.uk



Kooth is a FREE online service offering emotional and mental health support for children and young people.

www.kooth.com



The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

Text THEMIX to **85258** www.themix.org.uk



Young Minds is the UK's leading charity fighting for children and young people's mental health.

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