



# Children's Mental Health Week



11th February 2022

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Place2Be launched Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. With this year's theme focusing on 'Growing together', Highlands School participated in the initiative by exploring ways to help each other grow emotionally.

This week, students were focused on better understanding the development of their brain to allow themselves and others around them to grow emotionally.

## WHAT'S CHILDREN'S MENTAL HEALTH WEEK?

## ABOUT PLACE2BE

Place2Be is a children's mental health charity that provides counselling and mental health support in UK schools, using methods backed by research.



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Crisis



Very anxious  
Very low mood

Absenteeism  
Exhausted

Very poor sleep  
Weight loss



I'm struggling



Anxious  
Depressed

Tired  
Poor performance

Poor sleep  
Poor appetite



Surviving



Worried  
Nervous  
Sad

Irritable  
Trouble sleeping

Distracted  
Withdrawn



Thriving



Positive  
Calm

Performing  
Sleeping well

Eating normally  
Normal social activity



Excelling



Cheerful  
Joyful

Energetic  
High Performance

Flow  
Fully realising potential

# THE ADOLESCENT BRAIN



Your brain is an ever developing complex organ especially in those pivotal years of childhood. Research has recently shown that our brains change rapidly during our teenage years and continue to develop until our mid-twenties. As you journey into your teen years you will have different life experiences, and there are a multitude of factors that influence how someone feels and behaves.

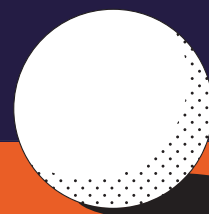
Visit the video links, [here](#) and [here](#) for an in-depth understanding of the adolescent brain.

## LOOKING AFTER YOUR MENTAL HEALTH

### SWITCH OFF.



- Turn your phone off at bedtime.
- Set your phone aside when studying.
- Use apps that make you happy.
- Make an effort to connect face to face.



### LEARN SOMETHING NEW.

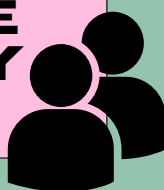
Hi!

嗨

Hola!

- Learn a new language.
- Make time for your interests and passion.
- Learn new skills from others.
- Commit to set amount of time every day/week.

### PRACTICE EMPATHY



- Write short notes of gratitude.
- Treat everyone with respect.
- Think more, say less.
- Volunteer, or do community service.

### LOVE MORE.



- Share thoughts of appreciation and love.
- Make an effort to contact those you don't see often.
- Find people that lift you up.
- Forgive others.

### GIVE SELF-CARE.



- Ask for help when you need it.
- Write a journal or diary, every day.
- Share your feelings with a trusted friend or adult.
- Prioritise quality sleep.

# SUPPORT

## WHERE CAN I GO FOR MORE SUPPORT?



Speak to your parents/carers.



Contact Childline (0800 1111).  
You can speak to someone over the phone or online.



Join Kooth - Online mental wellbeing community



Speak to a member of staff at Highlands School. You can also email our safeguarding team at [staysafe@highlearn.uk](mailto:staysafe@highlearn.uk)