



Children's Mental Health Week



11th February 2022

WHAT'S INSIDE

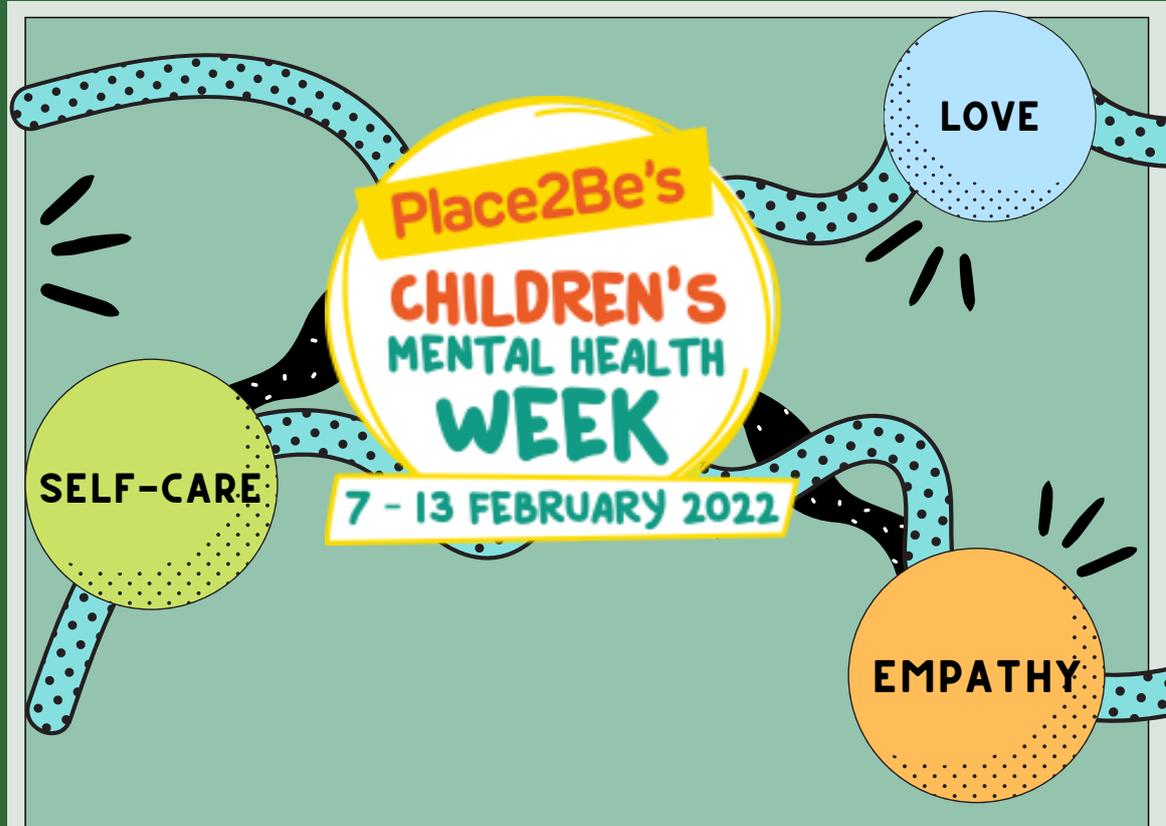
Introduction

Stages of mental health

The adolescent brain

Looking after your mental health

Support



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?

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

ABOUT PLACE2BE

FOLLOW

Twitter: @Highlands_sch

Instagram: @highlandssch



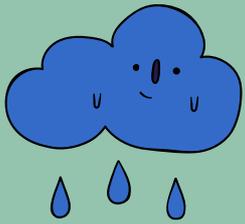
Crisis



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Withdrawn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.

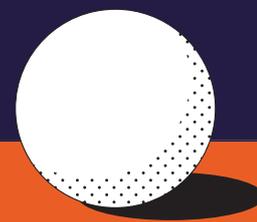
Visit the video links, [here](#) and [here](#) for an in-depth understanding of the adolescent brain.

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