



World Mental Health Day



10th October 2021

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Highlands School proudly supports World Mental Health Day and are fully committed to creating a safe environment to facilitate mental health and wellbeing conversations. We understand the challenges many of us may have faced in the wake of the Covid-19 pandemic and its significant impact on our mental health. World Mental Health Day gives us an opportunity to raise awareness, to reach out to one another as a community and call for change.

The World Health Organisation recognises World Mental Health Day on 10 October every year. This year's theme set by the World Federation for Mental Health is '**Mental Health in an Unequal World**'.

This year's theme was chosen as research has shown that some of the people struggling the most are those who were already facing considerable challenges – people with long term health conditions, or facing discrimination, or parenting on their own. It also highlights that access to mental health services remains unequal, with between 75% to 95% of people with mental disorders in low and middle income countries unable to access mental health services.

Highlands School has put together effective tips to looking after your mental health and a summary of UK's leading charity fighting for children and young people's mental health, Young Minds.



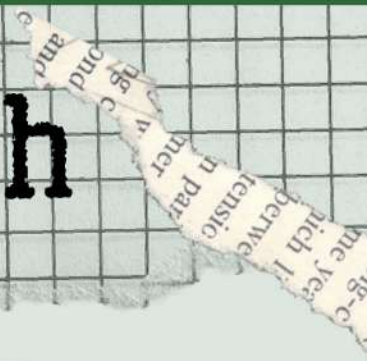
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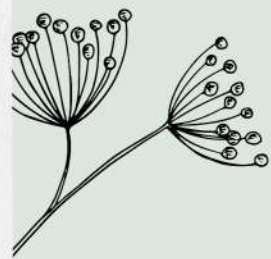


Mental Health



What is mental health?

Mental health includes our emotional, psychological and social wellbeing, it affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.



Positive mental health allows people to:

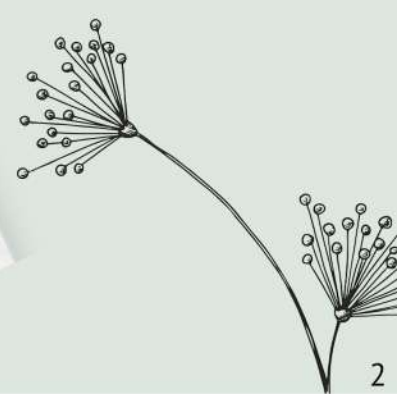
- Make the most of their full potential
- Cope with the stresses of life
- Play a full part in their family, workplace, community and among friends.

1 in 10 young people will experience a mental health problem such as depression, anxiety, an eating disorder or psychosis.

It's quite important to understand that our mental health is just as important as physical health.

It is more common than you might think.

- We often describe mental health as being on a spectrum.
- **51%** of young people feel embarrassed to talk about mental health.
- Research suggests that 1 in 6 children aged 5 to 16 experience mental health challenges. That is 5 children in every classroom.
- 80% of young people with mental health needs agreed that the coronavirus pandemic had impacted their mental health.



Mental Health

Time to talk

- Anyone can develop a mental health problem. Therefore, we are confronting this stigma through facts.
- Facts that help us understand patterns of mental health problems, their causes and solutions.
- Facts that help us break down barriers in seeking help and support.
- Full recovery is possible, particularly if help is sought early.
- It's time to talk about mental health.

Click [here](#) to watch this short film on mental health



Tips to looking after your mental health



Eat well



Keep active



Get good sleep



Talk about your feelings



Do something you enjoy, you're good at



Keep in touch

Young Minds

Young Minds

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

They want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

This year, Highlands School participated in #HelloYellow2021 where students were invited to wear yellow where £1,045.86 was raised for Young Minds.

YOUNGMINDS



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.



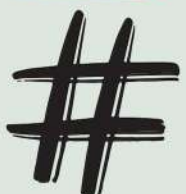
Join Kooth - Online mental wellbeing community



@mentalhealth



@mentalhealthfoundation



#ConnectWithNature

#MentalHealthAwarenessWeek



To visit the official Mental Health Week website, go to:

www.mentalhealth.org.uk/campaigns/mental-health-awareness-week



Speak to a member of staff at Highlands School. You can also email our safeguarding team at staysafe@highlearn.uk