



Mental Health Awareness at Highlands School

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is

“ Make mental health and wellbeing
for all, a global priority ”

Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. We need to do as much as possible to prevent mental ill-health – as individuals and as a society.



Some statistics

1 in 6

Children and young people have a diagnosable mental health problem and many continue to have these problems into adulthood

50%

of those with lifetime mental health problems first experience symptoms by the age of 14

1 in 10

boys aged 5-19 with a mental health condition are excluded in some form from school

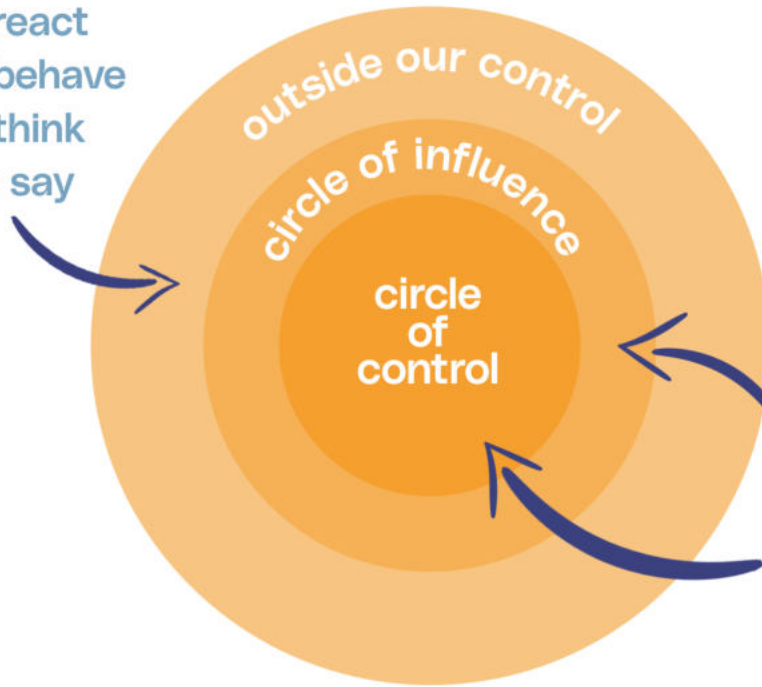
What is your number 1 priority?

- With everything that is happening around us right now, it can be easy to feel powerless, but there are aspects of our life we can manage and control.
- We want you to embrace what is in your power to start doing, stop doing or change, something that will support your mental health.
- So, this World Mental Health Day, ask yourself... what can you do to make mental health your Number 1 priority?



Circle of control

- How people react
- How people behave
- How people think
- What people say



“You can do anything but not everything”
- David Allen

- What I say
- What I think
- My opinion
- Seeing friends



| | | | | |
|---|--|--|--|--|
| <p>very anxious very low mood Absenteeism exhausted very poor sleep weight loss</p> | <p>anxious depressed tired poor performance poor sleep poor appetite</p> | <p>worried nervous irritable sad trouble sleeping distracted withdrawn</p> | <p>positive calm performing sleeping well eating normally normal social activity</p> | <p>cheerful joyful energetic high performance flow fully realising potential</p> |
|---|--|--|--|--|



Suicide facts and figures

- 1 in 4 young people may struggle with thoughts of suicide
- That is almost 7 people in each class that could be struggling with suicidal thoughts

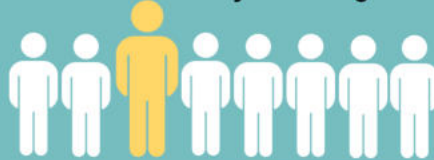
75% of suicides are men



Suicide is the biggest killer of men under 50 and women under 35

1 in 8 people

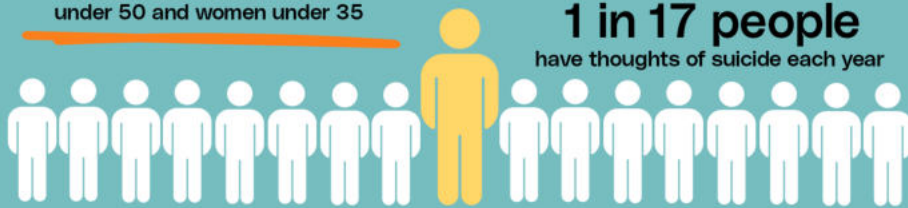
in problem debt considered taking their own life last year in England



Suicide is the leading cause of death of young people in the UK

1 in 17 people

have thoughts of suicide each year

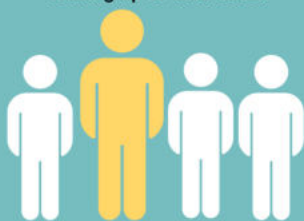


Talking about suicide saves lives

Asking someone if they are having thoughts of suicide will not put ideas in their head. Research shows it actually decreases the likelihood of the person acting on their feelings

Only 1 in 4 people

who die by suicide are in contact with mental health services in the year leading up to their death



Deaths by suicide

World - every 40 seconds

UK - every 90 minutes

Cumbria - every week

10.9%

The increase in UK suicide rates in 2018

1961

The year suicide ceased to be a crime

1 in 5 people

will have thoughts of suicide in their lifetime



Suicide prevention day

- September 10th was suicide prevention day. World suicide prevention is aimed to provide worldwide commitment and action to prevent suicides
- Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background
- Staying isolated with your thoughts means that no one can support you, so breaking your silence around your feelings of suicide and what is causing this is the way forward



How can we support one another?

- Regularly checking in with others
- Listening to those who decide to share with us
- Tell a friend, trusted adult or teacher how you are feeling
- Be kind: try to perform at least one random act of kindness a day

What do we do at Highlands to support mental health?

At Highlands it's important that you know what we can do to support you as well as where you can go to get that help.

Wave 1 - support for all students

- A **form tutor** who acts as the first point of contact for students
- 180 minutes a week with their form tutor
- Access to the support of their **pastoral team**: a head of year, a links SLT and a behaviour mentor
- Pastoral staff are mental health first aid trained
- Request access to the **wellbeing room** or **quiet room** at break or lunchtime
- **Medical/welfare room**
- Our taught **stay safe curriculum**
- **Staysafe email address** that students can use to request support or communicate any concerns - **staysafe@highlearn.uk**
- Safeguarding section of the website
- Safeguarding posters signposting support

Student wellbeing

Wave 2 - additional support

- **Key worker mentoring** - Students who require additional support with their well-being or behaviour
- **Welfare cards** - these are given to students who have medical or mental health needs



Student wellbeing

Wave 3 - personalised support

- **Welfare Support Plans (WSPs)** - are used for students who have multiple well-being needs and who are receiving different types of support and/or across multiple agencies
- **Individual Health Plans (IHPs)** - are used for students with medical conditions, including mental health conditions
- **Pastoral Support Plans (PSPs)** - are used for students who are at risk of permanent exclusion
- **Attendance support plan (ASPs)** - are used for students who are persistent absent and their attendance is not improving
- **Well-being room intervention programme** - our student well-being room offers mindfulness interventions, and a weekly therapy dog programme
- **One to one counselling** - Ms Charles is our school counsellor and offers sessions to students during the school day.

Student wellbeing

Wave 4 - external agency/specialist support

- **School counsellor** - students who require therapeutic/mental health support will be referred to our school counsellor for assessment and an allocation of counselling sessions
- **Educational psychologist assessment** - for students whose behaviour/academic progress/mental health has been identified as requiring specialist assessment.
- **Compass** - Enfield agency for student with substance misuse issues
- **Early help** - early intervention service based (see Enfield safeguarding thresholds for support)
- **CAMHS** - referrals for students with mental health needs that cannot be adequately supported through wave 1-3
- **Behaviour Support Services Enfield** - mentoring and support from a behaviour specialists, for students at risk of PEX
- **Private/external mentoring organisation: Spark2Life** - five students per term received specialist behavioural mentoring from BSS



Optimus wellbeing award

We are constantly reviewing and updating the wellbeing provision we offer to all of the Highlands School community. A year ago we started a process to obtain the Optimus wellbeing award. This process allows an independent body to review our provision and help us to improve it.

A part of that process allows you to feedback to us about wellbeing support at Highlands School. We surveyed all students, staff, parents and carers a year ago. We will ask you all to complete the survey again very soon so we can continue to explore ways to improve.

A 'change team' was established last year and meet regularly to work towards obtaining the Optimus wellbeing award and to review our current provision. The team consists of:

- Mr Larter
- Ms Jeynes
- Ms Charles (school counsellor)
- Ms Crawley (parent governor)
- Eleanor Smith (student)

