

South West Herts Partnership Advice:

CHILD MENTAL HEALTH

INTRODUCTION

Child mental health refers to the emotional, psychological, and social well-being of children, which influences how they think, feel and behave. Family life, school experiences and trauma are all factors that can significantly impact a child's mental health. Early recognition and support are essential to help build resilience and cope with lives challenges to enable them to grow into healthy, well-adjusted adults.

Important Facts

- Mental health issues are common and can affect anyone regardless of age, genders and backgrounds.
- Most common mental health disorder in children is Anxiety & Depression. Prevalent conditions include: ADHD, Autism, Conduct and EATING disorders.
- Children with mental health conditions are more likely to struggle academically, experience bullying or exclusion, have poorer physical health and face difficulties in life.
- Early intervention is crucial for improving outcomes and preventing long term affects. Help & support is available.
- Having strong supportive relationships are vital and can significantly impact mental health.

SIGNPOSTING LINKS

NHS https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/
https://www.hertsmindnetwork.org/services-for-young-people/
https://www.justtalkherts.org/just-talk-herts.aspx
https://www.childline.org.uk/
https://firststepsed.co.uk/

Tips & Tools

- **Open Communication -** provide a safe space - use active listening - non-judgemental - show empathy **Healthy routines**— regular sleep, nutritious meals and limiting screen time.
- **Creative Activity**
- **journaling** - record thoughts, feelings and self-reflection.
- **Art therapy** - enable children to express themselves in a non-verbal way through various art forms e.g. paintaing, collage.
- **Music** - listening or creating music is a powerful way to reduce stress and improve nood.
- **Mindfulness Practices** such as mindful breathing or movement can help manage stress and overall wellbeing.
- Postive Affirmation - short positive statements that children can repeat to themselves to help boost self-esteen and conidence.

Access free printable resources:

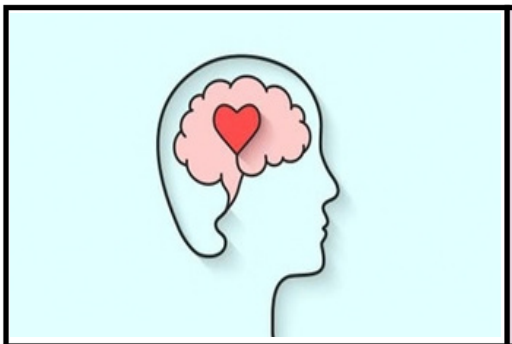
GoZen.com/printables/
Free Occupational Therapy Worksheets and PT Resources - Your Therapy Source
https://connect.kooth.com/for-families

We can offer support with mental health and emotional wellbing (school referral only):

- We can support with **CAHMS/PALMS referrals**.
- We can provide emotional support with **1:1's, Drop-in sessions, Coffee mornings and group work**.
- We can provide **workshops in emotional wellbeing, exam stress, protective behaviours and transition.** Produced the **SWHP 'All About me Game'** to use with our schools and promote self-esteem, help relationships and support young people's sense of self-worth.
- All our school family workers are trained in **Drawing & Talking Therapy** and offer this to schools.

https://www.southwesthertspartnership.org.uk/

swhp_familysupportservice



South West Herts Partnership Advice:

ADULT MENTAL HEALTH

INTRODUCTION

We all have Mental Health. Mental health encompasses our emotional, psychological, and social well-being. It's the way we think, feel, and act, and it influences how we cope with daily life, interact with others, and make decisions. Just like physical health, mental health is a spectrum, ranging from good to poor, and can fluctuate over time.

TOP TIPS/TOOLS

IMMEDIATE SUPPORT IF YOU ARE FEELING OVERWHELMED

- Make an appointment with your regular **GP**, as this is usually the first point of contact for anyone suffering with low mood.
- Ring or text a **friend or family member**
- Contact **Samaritans** any time on 116 123. They offer a listening service.
- **SHOUT** offers text support any time, text SHOUT to 85258.
- Telephone **NHS 111** by dialling 111.
- Go to your local **accident & emergency** department if concerned about mental health/feeling suicidal

SIGNPOSTING LINKS

- **NHS** https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/
  HERTS MIND www.hertsmindnetwork.org
- **CALM** https://www.thecalmzone.net/get-support
- **Family Lives** https://www.familylives.org.uk/how-we-can-help/confidential-helpline

IMPORTANT FACTS

It's okay to ask for help. We all need some help at some point asking for help is not a weakness, it's a strength!

ASK FOR HELP WHEN FEELING OVERLOADED Work out what helps you and setaside certain times in the day and week to fill your cup and empty your 'Overflowing Bucket'. If you're having difficulty setting aside that time, ask yourself what gets in the way and ask for help from family and friends.

Self-care should be an essential part of your daily routine.

Quality Time - spend quality time with Friends and Family.

Hobbies - find something you enjoy doing and that makes you feel calm.

Go offline - being on social media can be overwhelming.

Reduce time - spent online to help you clear your mind.

Feed Your Soul—eat well and have a good sleep routine to promote energy and ability to manage daily tasks.

https://www.southwesthertspartnership.org.uk/

swhp_familysupportservice

SOUTH WEST HERTS PARTNERSHIP
FAMILY SUPPORT SERVICE