Healthy Minds

Nurturing Emotional Wellbeing in Sheffield Schools

SCHOOL WEBSITE RESOURCES

Tips and ideas for including mental health and emotional wellbeing information on your school website

Sheffield Children's NHS
NHS Foundation Trust

Introduction

Schools in the Healthy Minds project tell us that they find it useful to have some resources and ideas for their school website in terms of mental health and emotional wellbeing. This may be with the purpose of communicating more with parents as to what is currently on offer in schools, or to give more information around mental health in general, or as a means of offering support to students in terms of how to help themselves and their peers with emotional health difficulties. Often it is giving a central resource for further information and support, both locally in terms of services and more widely in terms of online support.

This pack contains a number of useful ideas and resources that can be used to build an informative and useful website bespoke to your school. It covers all ages of child so it is important to consider what is the most useful to your school.

1. General mental health information

It would be impossible to list every piece of information relating to mental health in this booklet, but here are some considerations to make when thinking about what information to put on your school website.

- What are the overall school aims/ethos/values and how do these relate to what the school currently offers?
- Are there any particular areas of mental health that are more pertinent to your school (use your Healthy Minds survey to help) - e.g. anxiety, sleep, self-harm, bereavement?
- Ensure that you use only good quality, trusted information – see the links at the end of this booklet and consult your Healthy Minds link clinician if you are not sure
- Tips for communication with young people to support mental health (see Appendix A)
- Background information on mental health and/or statistics (see Appendix B)
- Any emotional regulation/calming activities that you do in school (e.g. mindfulness) that parents can then do with their children at home – see the Healthy Minds Emotional Regulation Games guide for more details

- What parents should do in an emergency – who to contact etc.

2. What the school currently offers

Results from the Healthy Minds surveys showed that often parents were not aware of the vast support that was available in school, and the school website is the perfect place to share such information.

Things to consider include:

- **Whole school interventions** – list the interventions, activities, staff roles, everyday activities that are done across the whole school that contribute to positive mental health. This can be as simple as a welcome to every child, or worry boxes in each classroom, to regular wellbeing days/weeks.

- **Bespoke interventions** – describe here any interventions that are offered for particular groups of children (or individual children). This may include any groups that are offered, small teaching interventions, clubs, counselling, sensory rooms, safe spaces

- **Policies** – you may have a separate Emotional Wellbeing or Mental Health policy, or it may be contained within other policies

- **Curriculum** – how mental health is included within the teaching syllabus, e.g. PSHE, P4C, as a standalone subject

- **Parent support** – details of any parent workshops, open days, training that is available

- **Key contacts** – who should a parent (or student) contact when they need further support. This could include pastoral staff, safeguarding leads or members of the senior leadership team

- **Student voice** – any activities that involve students in supporting others with their emotional health. This may include Healthy Minds champions, peer mentors, playground buddies.

- **Any training that staff have received** – related to mental health and supporting children's emotional wellbeing

- **Staff wellbeing –** outline how the school keeps staff healthy and well so they can be at their best to support the students

- **Details of involvement in the Healthy Minds project** – this can include survey results, details of the action plan and progress, any bespoke resources that have been developed e.g. anxiety leaflet, parent sleep guide (see Appendix B)

3. Links

General

https://www.samaritans.org/ - Samaritans – emotional listening support

https://www.sheffieldmentalhealth.co.uk/ - Sheffield Mental Health Directory

https://www.time-to-change.org.uk/ - Time to Change – ending mental health discrimination

https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/ - NHS 5 steps to mental wellbeing

https://www.getselfhelp.co.uk// - Get Self Help – online self-help tools

https://www.sheffieldchildrens.nhs.uk/services/camhs/ - Sheffield Child and Adolescent Mental Health Service

https://www.sheffieldchildrens.nhs.uk/services/camhs/healthy-minds/ - Sheffield Healthy Minds project

For children and young people

https://youngminds.org.uk/ - information on signs and symptoms of mental health difficulties, seeking help and looking after yourself

https://www.childline.org.uk/ - Childline – help and advice on a wide range of issues

http://positivepenguins.com/ - aimed at 8-12 year olds to help understand feelings and challenge negative thoughts

https://www.kooth.com/ **-** Kooth – free, confidential online support for young people

https://epicfriends.co.uk/ - how to support friends who may be struggling with mental health difficulties

For adults:

https://www.mentalhealth.org.uk/ Mental Health Foundation

https://www.mind.org.uk/ - Mind – for better mental health

https://www.nspcc.org.uk/ - National Society for the Prevention of Cruelty to Children

Specific topics:

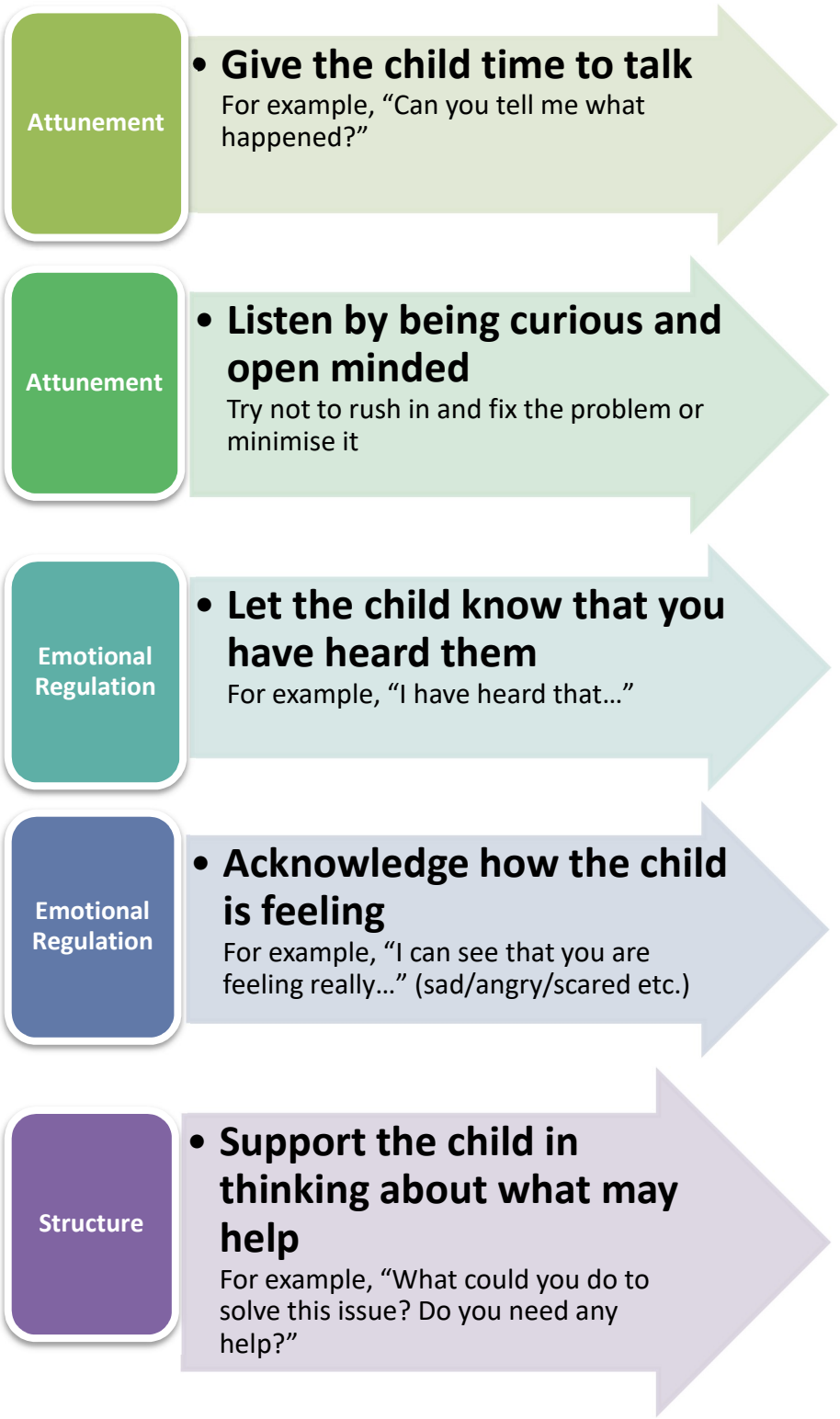
https://www.anxietyuk.org.uk/ - Anxiety UK

https://www.winstonswish.org/ - Winston's Wish – childhood bereavement charity

https://www.thechildrenssleepcharity.org.uk/ - Children's Sleep Charity

https://www.talktofrank.com/ - Talk to Frank – honest information about drugs

Appendix A – Healthy Minds Communication Framework



Appendix B – Background information on mental health

Research has shown that 11% of children and young people between the ages of 5-16 have a diagnosable mental health condition (NHS Digital, 2017). It is also thought that 75% of all adult mental health conditions start before the age of 18, with 50% starting before the age of 14 (Kessler et al., 2005). Also, the number of adverse childhood experiences (ACEs) that a child has experienced has been shown to be related to a higher incidence of a variety of mental and physical health difficulties (Hughes et al, 2017).

Research has also shown that schools are in an ideal position to provide a nurturing, supportive environment and positive, life-enhancing relationships that can be protective against mental health difficulties developing in the future. In particular, holistic, whole-school interventions with a focus on providing a healthy and safe environment are most likely to have a positive impact on mental health outcomes (Langford et al., 2014)

By offering our students a safe, structured environment where they feel they are attuned with others and that helps them develop strong emotional regulation skills, we are giving them a strong foundation from which to achieve their full potential in future life. Everyday interactions are key in building a feeling of safety, belonging and connectedness in order for emotional and cognitive brain development to flourish. When a child feels they have a strong connection to another person, whether adult or peer, it enables them to develop skills in emotional regulation that leads to resilience and confidence in the face of challenging situations in future life.

Appendix C - Details of the Healthy Minds offer to schools

We are happy to report that our school will be involved in a joint project with Sheffield Child and Adolescent Mental Health Services (CAMHS) called Healthy Minds.

Healthy Minds is a project that focuses on developing the whole school environment to best support young people's mental health, rather than working on a one-to-one basis with students.

The Healthy Minds project includes:

- Training for all school staff on the fundamentals of young people's mental health and the implications for learning.
- A Healthy Minds survey for students, parents / carers and staff to complete. This will help us to find out a range of views so that we can best understand the specific needs of our school.
- Based on the Healthy Minds survey, a mental health action plan will be developed for our school. This will include whole school interventions designed to meet mental health needs across the school.
- Creating a group of student Healthy Minds Champions. These students will represent children at our school making sure their views are heard and integrated into the school's mental health action plan.
- Clarity for staff, students and parents about who they can talk to if they are worried about a young person's mental health.
- Further development of the Sheffield CAMHS website for secondary students www.epicfriends.co.uk
- Specialist mental health training for key staff in schools.