

# SAFEGUARDING SPOTLIGHT



AUTUMN 1 2024

## Supporting your child's Mental Health

One in four people experience a mental health problem every year. Everyone needs help from time to time to deal with the stresses of modern life. It is now more important than ever that we support young people's mental health and help them to develop the resilience and resources to keep themselves mentally healthy.

## Mental Health and Wellbeing

Everyone has mental health, like physical health, and we all have the ability to manage our mental health.

Managing our own lifestyle to promote positive wellbeing is important. To give our young people the best chance of achieving and maintaining good mental health, they should:

- Get regular and quality sleep
- Exercise daily (even for just 20 minutes)
- Eat a healthy diet
- Keep hydrated
- Get some sunshine (trickier in the UK at times)
- Keep technology interaction (particularly social media) to a healthy level
- Stop worrying about the things you can't control and focus on the things you can
- Surround yourself with good friends
- Stop comparing yourself to other people, there will always be someone better at certain things and vice versa
- Being thankful for what you do have, rather than the things you don't
- Practise mindfulness and breathing techniques, as they do work

## Our Safeguarding Team

You can always speak to one of our Designated Safeguarding Leads if you have a worry about any child.



Mrs E. Cook  
Designated  
Safeguarding Lead



Mrs C Loring  
Deputy Designated  
Safeguarding Lead



Mrs C Fell  
Deputy Designated  
Safeguarding Lead

## Mental Health Support in Leeds

### CAHMS CRISIS CALL LINE - 0-17 years

This is a freephone crisis call line to support children and young people (up to 18th birthday) whatever the circumstances by listening, advising, supporting and signposting.

Parent/carers and professionals can also call for advice on: **0 8 0 0 9 5 3 0 5 0 5**

The service is open Mon- Sun 8am – 8pm

### NIGHT OWLS (LEEDS)

#### EARLY YEARS TO POST 16

#### UP TO 25 YEARS AND FAMILIES

NightOwls is an overnight listening service for children and young people experiencing emotional difficulties.

They support young people, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield and you can call: 0800 148 8244 or text: 07984 376950. Online support is also available at: [wynightowls.org.uk](http://wynightowls.org.uk). The service is open from 8pm – 8am. 365 days a year.

### [MINDMATE WEBSITE \(LEEDS\) 0-25 YEARS](#)

The MindMate website is an information hub for Leeds, and includes:

- free and accredited services available in the city
- advice and information on a range of mental health issues
- stories and experiences of young people and their mental health.
- guidance for self-care and where necessary, self-referral

## Support from School

If you are concerned about your child's mental health and wellbeing, please get in touch. We can offer advice and support. Mrs Heffron and Miss Bellard are our Wellbeing Champions and are both trained as Mental Health First Aiders. They can be approached in the playground or via the school email address [office@micklefieldceprimary.co.uk](mailto:office@micklefieldceprimary.co.uk)

As a parent or carer, you may sometimes experience your own mental health issues or anxieties and find it difficult to cope with parenting your child. But with the right support and resources it is perfectly possible to be a good parent while managing these problems and to care for and support your children in a positive way. For those affected, the websites below may be helpful, or accessing early help through our Cluster Family Support Worker, Erica Wilson. Please contact Mrs Cook if you would like to speak to Erica or email the office.

For further advice on any of these challenges the Mind website has lots of advice and support

The Mental Health Foundation have provided a useful leaflet containing their **best mental health tips - backed by research**

[Mind](#)



## Parental Support

We know parenting isn't always easy. Young Minds have lots of practical advice and tips on supporting your child.. They also have a Parents Helpline which can provide advice and support if you're worried about a child or young person. Visit

<https://www.youngminds.org.uk/parent>