

*“Make Mental Health
and wellbeing for all a
global priority”*
October 2022

Safeguarding Bulletin

Support and advice for parents, carers and pupils

*Mental Health Day
10th October 2022*

Dear Families, here at Mowbray School, we recognise that parents, carers and pupils can face challenges and difficulties with their emotional and mental health. This newsletter outlines where you can find useful advice and information to support. This bulletin is intended to offer some supportive information for those who require it. If you have concerns about a child, please see below for organisations that may help.



World Mental Health Day is on the 10th of October 2022, and it is a chance to talk about mental health and wellbeing, how we look after it and how important it is to talk about things and get help if you are struggling.

Mental Health Support and Resources

During normal school hours (Monday to Friday 9.00-3.15) call school on 01677 422446 and ask to speak to the Deputy Designated Safeguarding Lead: Sharon O'Rourke on 07909755684

Outside of school hours: Ring the Multi Agency Screening Team (MAST) at North Yorkshire County Council – 01609 780780 or visit the North Yorkshire Safeguarding site <https://www.northyorks.gov.uk/safeguarding>

To contact emergency services: Ring the Police (101 for non-emergencies or 999 for an emergency)

Below are some useful resources for support for mental health issues:

Go to Website	www.thegoto.org.uk
Shout	Free, 24/7 mental health text support in the UK Shout 85258 or www.giveusashout.org.uk
Compass Buzz	Our website gives lots of info as to what BUZZ offers including training www.compass-uk.org/services/north-yorkshire-compass-buzz/
Young Minds	Parent helpline 0808 8025544 free for mobiles and landlines – Monday to Friday for concerns relating to a child or young person up to the age of 25
Kooth	www.kooth.com offers free, safe and anonymous support for 11-19 year olds
Childline	0800 1111 or www.childline.org.uk
CAMHS	Childrens Adolescent Mental Health Service – Single point of contact for adolescent support 0300 0134778
Mind	Mind is a charity specialising in Mental Health. Its website has links to support, information and advice www.mind.org.uk
IAPT	Improving Access to Psychological Therapies www.iapt.org.uk

Mental Health Information

How does mental health impact on parenting?

Research indicates that approximately 10%-15% of children in the UK live with a parent who has a mental disorder. Mental health issues can cause changes/difficulties with the way people think, feel or behave. Parental/carer mental ill health can, in some circumstances, lead to an inability to look after the child's physical and emotional wellbeing. This is often for a short temporary period however for some individuals it can be more prolonged.

What are common mental health illnesses and problems?

A mental illness is a clinically diagnosable disorder that interferes with an individual's cognitive, emotional or social abilities. It is estimated that mental illness will affect 1 in 4 of us at some time in our lives. Mental health problems are typically less severe and normally shorter in duration than a mental illness. These may include mental ill health temporarily experienced as a reaction to life stressors.

What are the common mental health conditions?

There are a number of common mental health conditions which can adversely impact on people and their parenting, through no fault of their own. This includes:

- Depression
- Anxiety
- Obsessive Compulsive Disorders
- Bipolar Disorder
- Schizophrenia
- Personality Disorders

How can parental mental ill health impact on their parenting capacity and their child/children?

The impact of parental mental ill health can impact children and young people in different ways:

For babies up to 1 year old

- ✚ Inability of the parent to respond and nurture.
- ✚ Lack of warmth
- ✚ Negative responses
- ✚ Poor attachment
- ✚ Inconsistency in parenting

For young children

- ✚ Behavioural problems
- ✚ Anxiety and withdrawal
- ✚ Conduct disorder.
- ✚ Aggression towards family and/or peers' anxiety and withdrawal

For adolescents

- ✚ Increased risk of developing a mental health problem.
- ✚ Behavioural problems
- ✚ Conduct disorder.
- ✚ Depression
- ✚ Difficulties at school
- ✚ Difficulty with friendships

Here at Mowbray, we also deliver Emotional First Aid for parents' course. This is **not a parenting course** but a opportunity to think about and care for own emotional wellbeing. We have run these courses for several years both for parents and carers and staff. Feedback has always been very positive so if you feel this is something you may like to attend, please contact Sharon O'Rourke via email at Sharon.orourke@mowbrayschool.co.uk

“Parents’ Emotional first aid is recognising and understanding signs of emotional distress within you. Through self-awareness and building strategies you will be able to move towards taking responsibility for managing your own wellbeing”. **Here are some of the feedback comments from parents, carers and staff.**

<p>“Fabulous course which has ‘unlocked’ feelings and emotions I didn’t realise were still there. I feel close to the people who have been on the course with me and we will forever have a bond.”</p>	<p>“It was fab and made us all feel better.”</p>
<p>“Outstanding deliverers who rode the line between serious discussion and hilarity perfectly. Brilliant course – Well done!</p>	<p>“I have felt being on this course has become my safe place. I didn’t want it to end. I have also seen how doing the course again has made a difference to others and would like to repeat it.”</p>
<p>“This course has been fab and has changed the way I think about my life and living for the moment and enjoying life. I have really enjoyed attending the people that delivered the course are amazing, very supportive, kind-hearted and good listeners. I would recommend this course to others so thank you.”</p>	<p>“Do more often/more courses that I can attend, really enjoyed it. “This course is amazing, I could have continued for a few more weeks.”</p>