

Mowbray Safeguarding Bulletin for Families Support and advice for parents, carers and pupils- October 2023

Dear Families,

This week saw the launch of World Mental Health Day on 10th October 2023. With this in mind we would like to share information, advice and recourses to help to support children, young people, parents and carers to support their mental health. On the 10th October everyone was encouraged to talk about mental health and show everyone that mental health matters. This is also a day to remind people that it is okay to ask for help, no matter what you are going through.

Here at Mowbray School, we recognise that parents, carers and pupils can face challenges and difficulties with their emotional and mental health. This bulletin outlines where you can find useful advice and information to support. The link below will take you to The Mini Market Place - Social and Emotional health Offer for children and young people in North Yorkshire which has lots of helpful. Further websites are also included in this bulletin for your information and support.

[Mini Market place](#)

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	Children's 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

NSPCC - Supporting children with their mental health

It can be hard for parents to accept that their child may be struggling with mental health issues, such as [depression or anxiety](#). However, it is crucial that young people feel supported, reassured and not judged by the adults in their lives.

World Mental Health Day has a focus on driving a positive change for everyone's mental health. Adults can support young people's wellbeing in a range of ways, including:

- letting them know you're there for them and are on their side
- being patient and staying calm and approachable, [even if their behaviour upsets you](#)
- recognising that their feelings are valid and letting them know it's okay for them to be open and honest about their emotions
- thinking of healthy ways to cope together, like yoga, breathing exercises or mindfulness

If you have any concerns, or want more information and advice, you can [contact the Helpline](#).

We have information pages on children's mental health, including [depression, anxiety, suicidal thoughts](#) and [self harm](#). We also have support for [parents who are struggling with their own mental health](#).

All children can speak to a trained counsellor on Childline, over the phone on [0800 1111](#), via [email](#), or [1-2-1 chat](#).

Children can also visit the Childline website for more [information and advice on mental health](#) and [how to cope](#).

If you are worried about your child you could contact during normal school hours call school on 01677 422446 and ask to speak to the Deputy Designated Safeguarding Lead: Sharon O'Rourke or outside of school hours: Ring 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)