

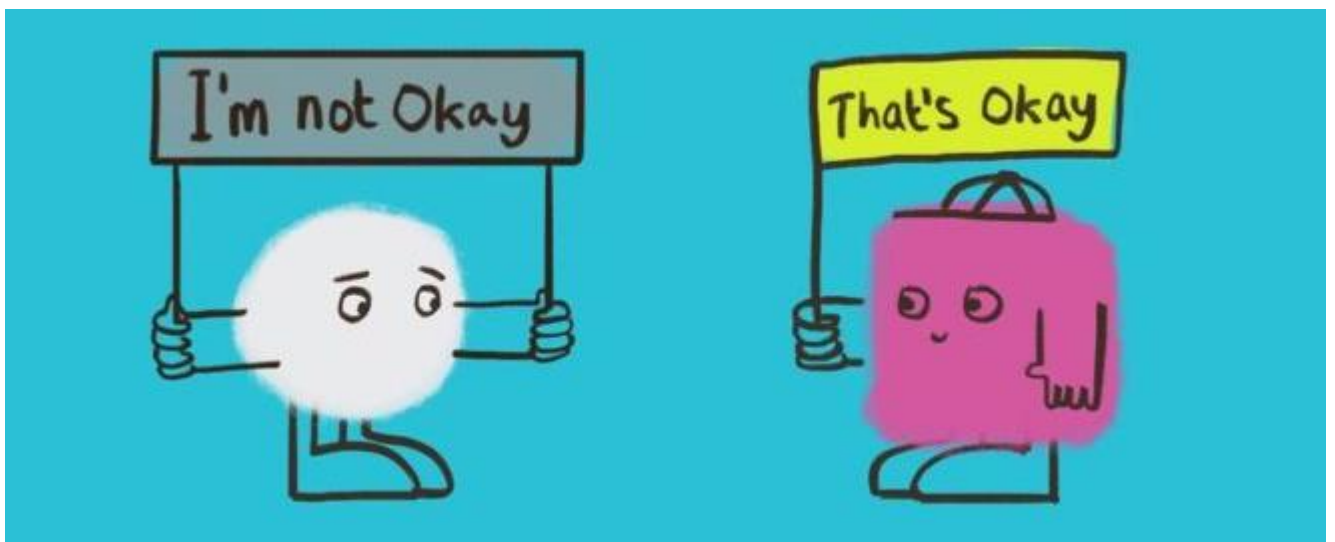


**William Hulme's Grammar School**

The best in everyone™

Part of United Learning

# What is Wellbeing and Mental Health?



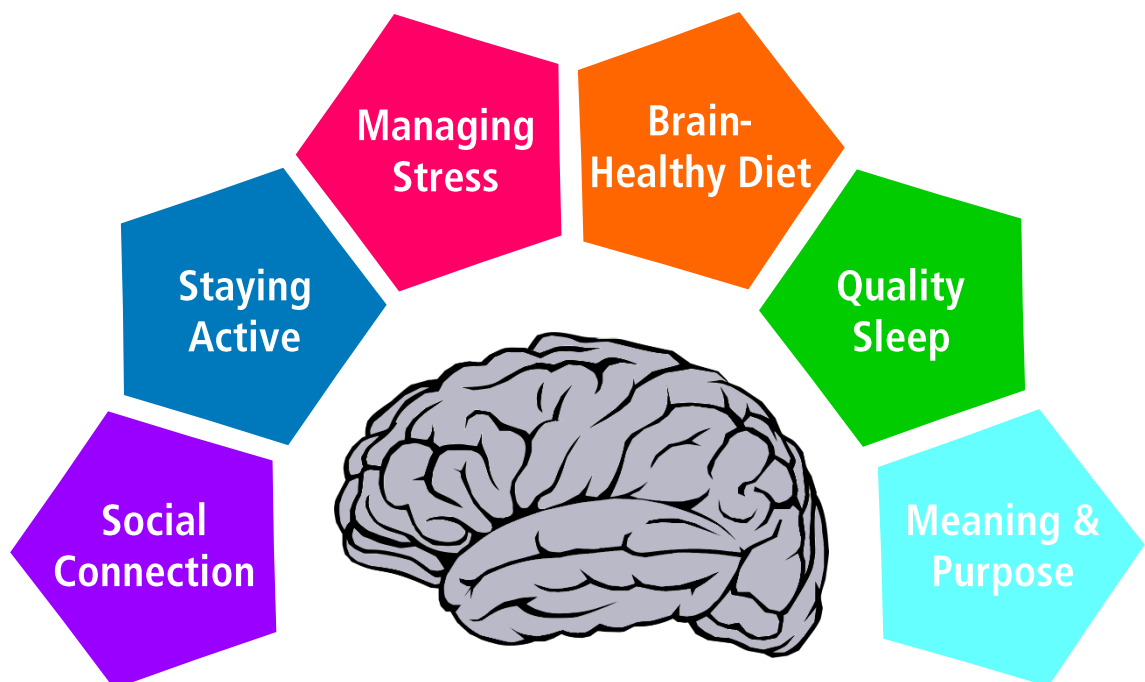
We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

**We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

**Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

Mental health problems affect people of any age, race, religion or income.

## Six Keys for Positive Wellbeing



# How can I talk to my child about their Mental Health?

## 1 **Make conversations about mental health a normal part of life:**

Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings; such as by talking about a TV character's feelings.

## 2 **Give your full attention:**

We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions

## 3 **Check your body language:**

Try to keep it open and relaxed and make sure you come down to the child's level.

## 4 **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.

## 5 **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.

## 6 **We are all different:**

Respect and value the child's feelings, even though they may be different to yours.

## 7 **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.

## 8 **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.

## Some ways to start a conversation about feelings might be:

*"How are you feeling at the moment?"*

*"You don't seem your usual self. Do you want to talk about it?"*

*"Do you fancy a chat?"*

*"I'm happy to listen if you need a chat."*

For more advice on your child's, or your own, wellbeing...

## YOUNGMINDS

fighting for young people's mental health

**Website:** [youngminds.org.uk](http://youngminds.org.uk)

**Helpline:** 0800 802 5544

## SAMARITANS

**Website:** [samaritans.org](http://samaritans.org)

**Telephone:** 116 123

(24 hours a day, free to call)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide



## family lives

**Website:** [familylives.org.uk](http://familylives.org.uk)

**Telephone:** 0808 800 2222

Information and support surrounding being a parent, online courses, videos and advice



**Website:** [mind.org.uk](http://mind.org.uk)

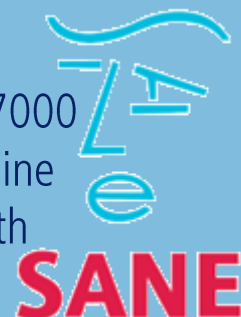
**Helpline:** 0300 123 3393

**Website:** [sane.org.uk](http://sane.org.uk)

**Telephone:** 0300 304 7000

(4:30pm-10:30pm) Saneline

is a national mental health helpline providing information and support to people with mental health problems and those who support them.



## Inspired Minds

**Website:** [inspiredminds.org.uk](http://inspiredminds.org.uk)

Inspired minds is a faith based, voluntary mental health charity

**Please speak to staff at school regarding any concerns you have with your child's, or your own, mental health and we can help offer support and guidance for you and your family.**