



The HENRY
BEAUFORT *School*

Positive Mental Health & Well-being Parent Guide



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

At The Henry Beaufort School we recognise the vital role we play in promoting good mental health and wellbeing for all of our students.

The aim of this guide is to ensure that as parents and carers have access to the support that is available to you and your child in the local and national community.

Section 1 - Information and sources of support about common mental health issues:

Below, we have sign-posted information and guidance about the issues most seen in school-aged children. The links will take you through to the most relevant page of the listed website. Some pages are aimed primarily at parents.

Support on all of these issues can be accessed via [Young Minds \(www.youngminds.org.uk\)](http://www.youngminds.org.uk).

Self-harm

Self-harm describes any behaviour where a young person causes harm to themselves in order to cope with thoughts, feelings or experiences they are not able to manage in any other way. It most frequently takes the form of cutting, burning or non-lethal overdoses in adolescents, while younger children and young people with special needs are more likely to pick or scratch at wounds, pull out their hair or bang or bruise themselves.

Online support

SelfHarm.co.uk: www.selfharm.co.uk

Books

Pooky KnightSmith (2015) *Self-Harm and Eating Disorders in Schools: A Guide to Whole School Support and Practical Strategies*. London: Jessica Kingsley Publishers

Pooky KnightSmith (2018) *Can I Tell you about Self-Harm (a guide for Friends and Family)*. London: Jessica Kingsley Publishers

Keith Hawton and Karen Rodham (2006) *By Their Own Young Hand: Deliberate Self-harm and Suicidal Ideas in Adolescents*. London: Jessica Kingsley Publishers

Carol Fitzpatrick (2012) *A Short Introduction to Understanding and Supporting Children and Young People Who Self-Harm*. London: Jessica Kingsley Publishers

Depression

Ups and downs are a normal part of life for all of us, but for someone who is suffering from depression these ups and downs may be more extreme. Feelings of failure, hopelessness, numbness or sadness may invade their day-to-day life over an extended period of weeks or months, and have a significant impact on their behaviour and ability and motivation to engage in day-to-day activities.



Online support

<https://www.thrivetalk.com/teen-depression/>

Books

Christopher Dowrick and Susan Martin (2015) *Can I Tell you about Depression?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Anxiety, panic attacks and phobias

Anxiety can take many forms in children and young people, and it is something that each of us experiences at low levels as part of normal life. When thoughts of anxiety, fear or panic are repeatedly present over several weeks or months and/or they are beginning to impact on a young person's ability to access or enjoy day-to-day life, intervention is needed.

Online support

Anxiety UK: www.anxietyuk.org.uk

Books

Lucy Willetts and Polly Waite (2014) *Can I Tell you about Anxiety?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Carol Fitzpatrick (2015) *A Short Introduction to Helping Young People Manage Anxiety*. London: Jessica Kingsley Publishers

Obsessions and compulsions

Obsessions describe intrusive thoughts or feelings that enter our minds which are disturbing or upsetting; compulsions are the behaviours we carry out in order to manage those thoughts or feelings. For example, a young person may be constantly worried that their house will burn down if they don't turn off all switches before leaving the house. They may respond to these thoughts by repeatedly checking switches, perhaps returning home several times to do so. Obsessive compulsive disorder (OCD) can take many forms – it is not just about cleaning and checking.

Online support

OCD UK: www.ocduk.org/ocd

Books

Amita Jassi and Sarah Hull (2013) *Can I Tell you about OCD?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Susan Connors (2011) *The Tourette Syndrome & OCD Checklist: A practical reference for parents and teachers*. San Francisco: Jossey-Bass



Suicidal feelings

Young people may experience complicated thoughts and feelings about wanting to end their own lives. Some young people never act on these feelings though they may openly discuss and explore them, while other young people die suddenly from suicide apparently out of the blue.

Online support

Prevention of young suicide UK – PAPYRUS: www.papyrus-uk.org

NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/#suicidal>

Books

Keith Hawton and Karen Rodham (2006) *By Their Own Young Hand: Deliberate Self-harm and Suicidal Ideas in Adolescents*. London: Jessica Kingsley Publishers

Terri A.Erbacher, Jonathan B. Singer and Scott Poland (2015) *Suicide in Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention*. New York: Routledge

Eating problems

Food, weight and shape may be used as a way of coping with, or communicating about, difficult thoughts, feelings and behaviours that a young person experiences day to day. Some young people develop eating disorders such as anorexia (where food intake is restricted), binge eating disorder and bulimia nervosa (a cycle of bingeing and purging). Other young people, particularly those of primary or preschool age, may develop problematic behaviours around food including refusing to eat in certain situations or with certain people. This can be a way of communicating messages the child does not have the words to convey.

Online support

BEAT: <https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/>

Books

Bryan Lask and Lucy Watson (2014) *Can I tell you about Eating Disorders?: A Guide for Friends, Family and Professionals*. London: Jessica Kingsley Publishers

Pooky Knightsmith (2015) *Self-Harm and Eating Disorders in Schools: A Guide to Whole School Support and Practical Strategies*. London: Jessica Kingsley Publishers

Pooky Knight smith (2012) *Eating Disorders Pocketbook*. Teachers' Pocketbooks



Section 2 - Sources of support in the community:

This section displays the provisions that are available to students and parents.

Support for Young People

Organisation	Main contact details	Topic addressed
Samaritans	Call free on 116 123 (UK)	Confidential support service and are open 24 hours a day, 7 days a week.
ChildLine	0800 1111: www.chidline.org.uk	Get help and advice about a wide range of issues, talk to a counsellor online
Hampshire CAMHS	https://hampshirecamhs.nhs.uk/help/young-people/ https://hampshirecamhs.nhs.uk/help-im-in-crisis/	Support and information on emotional wellbeing and mental health. Online Crisis support.
Beat	The Beat Youthline is open to anyone under 25. Youthline: 0345 634 7650 www.b-eat.co.uk/	UK's leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.
YoungMinds Crisis Messenger	You can text YM to 85258. Texts are free.	This service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support.
Kooth	https://www.kooth.com/	An online emotional health and wellbeing service
Papyrus	www.papyrus-uk.org	Dedicated to prevention of young suicide.
MindOut	https://mindout.org.uk/get-support/	Online support for lesbian, gay, bisexual and transgender young people
Breakout Youth	Phone: 02380224224 https://www.breakoutyouth.org.uk/	Offer confidential support service for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity.
TESS: Text and Email Support Services	Text: 0780 047 2908 www.selfinjurysupport.org.uk follow links to email	For girls and young women affected by self-injury
Mermaids	https://mermaidsuk.org.uk/	Mermaids support transgender, nonbinary and gender-diverse young people.

Support for Parent/Carers

Organisation	Main contact details	Topic addressed
The Samaritans	Call free on 116 123 (UK)	Confidential support service and are open 24 hours a day, 7 days a week.
Young Minds	Parent helpline: 0808 802 5544 www.youngminds.org.uk	Free, confidential online and telephone support providing information and support
Parents Online	https://parentsonline.co.uk/	Emotional support from fellow parents with professional training and lived experience - Chat is available from 6pm to 9pm on Monday to Friday
GP and A&E	Contact your GP at your local Surgery OR phone 111 OR take your child to A&E	Speak to your GP if you are worried about your child's mental health. Take your child immediately to A&E if you think they are a risk to themselves.
Early Diagnosis Eating Disorders Team	Children's EDT CAMHS 0300 304 0062	Phone line to the Eating Disorders Team to get support on early diagnosis.
Hampshire CAMHS	https://hampshirecamhs.nhs.uk/help/young-people/ https://hampshirecamhs.nhs.uk/help-im-in-crisis/	Support and information on emotional wellbeing and mental health. Online Crisis support.
Simon Says	https://www.simonsays.org.uk/	Their aim is to support Hampshire children and young people up to the age of 18 years who have a significant person in their life who has died or is dying.
Mermaids	https://mermaidsuk.org.uk/	Mermaids support transgender, nonbinary and gender-diverse children, young people, and their families.
School Nursing	School Nursing Text Message Advice 07507 332417	Advice for parents and carers of children 5-19 in Hampshire 9.00-4.30am Monday to Thursday 9.00-4.00pm Friday
Family Counselling Trust	https://familycounsellingtrust.org/	The charity offers psychological support at an early stage to every family with a child or adolescent who is experiencing challenging mental health issues.



Section 3 - Sources of support in school:

If you wish to speak to a member of staff about your child's mental health, please do not hesitate to contact their tutor, their Head of Year, or any member of the safeguarding team. This contact will be seen as a priority, and you will be contacted as soon as possible. All email addresses can be found on our school website:

<https://www.beaufort.hants.sch.uk/contacts>

Please also use our school website to access further information about mental health and how you can support your child.

<https://www.beaufort.hants.sch.uk/parent-support>