



Achieving Excellence Together

MENTAL HEALTH AND WELLBEING

January 2020



A guide to supporting your child's well-being and mental health.

Remaining mentally healthy is as important as keeping physically healthy throughout life and supporting your child in understanding how to do this is an essential part of learning. As your child grows and develops, many things will change, including their brain. As these changes occur, it can be a very challenging time both for the young person, but also for those who are living and working with them.

Understanding the teenage brain and the changes that take place can be very beneficial to supporting your child as they become a teenager. From about the age of 11, a child's brain begins to rewire and make new connections and when this is combined with hormone changes too, it can become difficult for some young people to manage.

We have attached a guide which is designed to let you know what we do to encourage a positive understanding of mental health and well-being for all students. This guide will also let you know about interventions and organisations who can help if you require more targeted support.

Barnwell School currently run several interventions which include the following:

- We have an emphasis on early intervention and students are taught through the curriculum about mindfulness and other strategies to manage anxious thoughts
- Our curriculum looks at developing resilience through the IThrive programme
- We work with the Public health department and have recently taken part in the delivery of the "Just talk" campaign which encourages males to be open about their issues
- Every year we hold a number of assemblies to raise awareness about the importance of developing positive well-being and mental health strategies
- We have been a pilot school for IAPT (Improving Access to Psychological Therapies) and our pastoral team have been trained in using tools to help support the identification and early help for mental health issues
- Along with the resources which target all students, we have a range of targeted interventions for students who require extra support
- Regular wellbeing weeks each half term
- PRIDE hub offering a range of therapeutic support including art therapy, self-esteem and anger management

In addition to these points, we have a range of resources we can send to support parents in understanding any specific mental health conditions. If you would like any further guidance and support, please contact your child's Head of College or Head of Year.

Student Support

There may be times when students need external support to help with issues in or outside of school. At Barnwell we pride ourselves on our student focussed approach and have a variety of agencies that support the school.

If students need more support, we are able to refer to a wide range of appropriate agencies. Please contact the pastoral team if additional support is required.

Below are a range of organizations that will provide information and advice on a range of topics that young people may experience whilst growing up.

Organisation	Areas of Expertise	Contact Details
General		
Bullying UK	Offer advice if you or someone is being bullied. They also have a free, confidential helpline for parents	Open: Mon-Fri 9am-9pm, Weekends 10am – 3pm Tel: 0808 800 2222 Web: www.bullying.co.uk
Chat Health	A texting service for 11 – 19 year olds in Hertfordshire, where you can text your school nurse for guidance and support.	Open Mon – Fri 9am – 5pm Text: 07480 635 050
Health for Kids	Provides information for children on staying healthy and understanding feelings	Web: www.healthforkids.co.uk
Health for Teens	Provides an advice website on all aspects of health for teenagers, provided by the NHS	Web: www.healthforteens.co.uk
NHS 111	If you need urgent medical advice but it is not an emergency	Call: 111 (In case of an emergency or life threatening situation call 999)
Online Safety	Learn about staying safe online and when forming relationships, using social media and sharing pictures	www.thinkuknow.co.uk
NHS Stop Smoking Service	If you would like advice and support in stopping smoking you can visit the website to find your closest service	Web: www.nhs.uk/smokefree
Rise above	Body image, exam stress, love life – Find out more about things that matter to you	www.riseabove.org.uk
Health Talk	Get information on health issues by listening to people’s real-life experiences	www.healthtalk.org
The Mix	The Mix is the UK’s leading support service for young people. We are here to help you take on any challenge you are facing- from mental health to money, from homelessness to finding a job, from break ups to drugs. Talk to us via online, social or our free confidential helpful	Web: www.themix.org.uk Telephone: 0808 808 4994
Crisis Support		
Samaritans	Free confidential support 24/7	Telephone: 116 123 Website:
Child line	Free 24hr counselling service	0800 1111

HPFT Single Point of Access (SPA)	Take referrals for NHS mental health services	Call: 0300 777 0707 (8am – 7pm)
GP	Make an urgent appointment to discuss your mental health needs	Registered GP
Mental Health		
Big White Wall	Online support network for 16+ years	Web: www.bigwhitewall.com
Healthy Young Minds in Herts	Provides information for children and young people on keeping mentally well and where to seek support	Web: www.healthyyoungmindsinherts.org.uk
Mind	Have information to better understand diagnoses and managing mental health on their website	Web: www.mind.org.uk Telephone: 0300 123 9939 (Weekdays 9:00-17:00) Email: info@mind.org
The Mix	Information and support for the under 15's covering a range of topics including mental health.	Open 11am – 11pm daily. Tel: 0808 808 4994 Web: www.themix.org.uk
Young Minds	Provide information about all things mental health, from medication to coping strategies	Web: www.youngminds.org.uk Telephone: 0808 802 5544 (Weekdays 9:30-16:00) Parent helpline: 0808 802 5544 (Weekdays 9:30-16:00) or email parents@youngminds.org.uk
Anna Freud Centre	A children's mental health charity providing specialist help and training	Web: www.annafreud.org Telephone: 0207 794 2313 Email: info@annafreud.org
STEM4	STEM4 aims to improve teenage mental health by stemming commonly occurring mental health issues at an early stage	Web: www.stem4.org.uk Email: enquires@stem4.org.uk
Anxiety UK	Helps all those suffering with anxiety disorders. Self help leaflets and contact lists. Self help groups, counselling, phone self help groups, email support. Section on young people and anxiety	Web: www.anxietyuk.org.uk Telephone: 08444775774 (Weekdays 9:30-17:30) Text service: 07537416905
No Panic	A registered charity which helps people who suffer from panic attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.	Web: www.nopanic.org.uk Telephone: 0844 967 4848 (10:00-22:00) Youth Helpline: 0330 606 1174 (Weekdays 15:00-18:00)
OCD Action	Information and support for OCD and related disorders including Body Dysmorphia, Skin Picking and compulsive hair pulling	Web: www.ocdeaction.org.uk Telephone: 0845 390 6232 Email: support@ocdeaction.org.uk
CBT Self Help	CBT Self Help site.	Web: www.getselfhelp.co.uk
PAPYRUS	Prevention of young suicide Advice and information for parents, carers, teachers, professionals and friends of young people at risk of suicide.	Web: www.papyrus-uk.org Telephone: 0800 068 41 41 Text: 07786209697 Email: pat@papyrus-uk.org
Counselling		
Child line	Offer free, confidential counselling for under 19's through their helpline and web chat	Tel: 0800 1111 Web: www.childline.org.uk
Kooth	Provides free, anonymous online counselling for 10-25-year olds. You can IM counsellors	Web: www.kooth.com

	Mon-Fri, midday – 10pm, and Sat – Sun 6pm – 10pm	
Tile house Counselling	Supporting young people with issues that they can't cope with.	www.tilehouse.org Telephone: 01462 440244
Talk time	National counselling support	Telephone: 0300 100 1234
The Living Room	Addiction and Counselling	www.thelivingroom.me.uk Telephone: 01438 355649
Family Support		
DrugFAM	Provide support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol	Tel: 0300 888 3853 Web: www.drugfam.co.uk
Families First	Offer support to the whole family through a variety of organisations	Web: www.hertfordshire.gov.uk/familiesfirst
Hertfordshire Domestic Abuse Helpline	Confidential, free helpline for anyone affected by domestic abuse, Mon-Fri 9am-9pm, Weekends 9am – 4pm	Tel: 08 088 088 088
The Hideout	A website with advice and information about domestic abuse	Web: www.thehideout.org.uk
Young Carers in Hertfordshire	Offer practical and emotional support to young people with caring responsibilities	Web: www.ycih.org
Hertfordshire Domestic Abuse Helpline	Domestic Abuse	Telephone: 08 088 088 088
Frank	Drugs	www.talktofrank.com Telephone: 0800 77 66 00
A-Dash (Adolescent, Drug and Alcohol Service) in Hertfordshire	Drugs and Alcohol	Telephone: 01923 427288
Drink Aware	Alcohol	www.drinkaware.co.uk Telephone: 0800 917 8282
NHS Hertfordshire Stop Smoking Services	Smoking	www.smokefreehertfordshire.nhs.uk Telephone: 0800 389 3998
Sex, Sexuality and Gender		
Herts Aid	Offers guidance and support about sexual health	Tel: 01923 803 440 Web: www.hertsaid.co.uk
Mermaids	Provides support to young people who feel at odds with their birth gender, through their helpline. Mon – Fri, 9am-9pm.	Tel: 0344 334 0550 Web: www.mermaidsuk.org.uk
Herts SARC	Offers support to those who have experienced sexual abuse/violence, either recently or in the past	www.hertssarc.org
Local Sexual Health service	Find your local sexual health service	www.sexualhealthhertfordshire.clch.nhs.uk
Chlamydia Test	Get a free online Chlamydia Test (C-sure)	www.c-sure.org.uk
Disrespect nobody	Understand 'what is consent?'	www.disrespectnobody.co.uk
Sexual Health	Know how to use a condom along with different forms of contraception	www.hertfordshire.gov.uk/condoms www.hertfordshire.gov.uk/contraception
YC Hertfordshire	Have LGBTQ+ Support groups across the county	Tel: 0300 123 4043 Web: www.youthconnections-hertfordshire.org

Young Pride in Herts	Run youth groups for LGBT 13-25 years	Tel: 07800 654518 Web: www.youngprideinherts.org.uk
Young Stonewall	Provide information and support for young LGBTQ+ individuals across the UK	Web: www.youngstonewall.org.uk
Youth Connexions	Information, Advice and Guidance on careers One Stop Shop – for all issues	www.youthconnexions-hertfordshire.org www.channelmogo.org Telephone: 01438 749147
Dane Street Clinic	Contraception	Telephone: 01438 737784
Brook Advisory service	Pregnancy	www.brook.org.uk Telephone: 0808 802 1234
Bereavement		
Child Bereavement UK	Advice on managing grief and local services	Web: www.childbereavement.org
Cruse Bereavement Care Hertfordshire	Support the wellbeing of anyone ages 5 – 18 years who's experiences the death of a loved one. Leave a message on their 24hr helpline and they will contact you back	Tel: 01707 264 293 Tel: 0808 808 1677 (Weekdays 9:00-17:00) Web: www.cruse-hertfordshire.org.uk www.cruse.org.uk www.hopeagain.org.uk
Stand By Me	Offer children and young people in North Herts and Stevenage group work bereavement support. Also offer advice to parents and professionals working with young children	Tel: 07469 255 163 Web: www.stand-by-me.org.uk
Eating Disorders		
Anorexia and Bulimia Care (ABC)	ABC provides personal advice and support to anyone affected by anorexia, bulimia, binge eating and all kinds of eating distress. We support sufferers and their family and friends towards full recovery	Web: www.anorexiabulimiacare.org.uk Telephone: 03000 11 12 13
Beat (beating eating disorders)	This website provides information on all aspects of eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorders and other related eating disorders	Web: www.b-eat.co.uk Youth email: typ@b-eat.co.uk Youthline: 0808 801 0711 Adult email: help@b-eat.co.uk Adult helpline: 0808 801 0677
Boy Anorexia	Informative website about anorexia in boys	www.boyanorexia.org.uk Email: jenny@boyanorexia.com

Top tips for talking

- ★ **Give your full attention, be curious and take it seriously.** We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.
- ★ **Emphasise that you are always available to talk.** It may be that your child doesn't want to talk, can't find the words at the moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.
- ★ **Take time to reflect.** Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to 'read' others.
- ★ **Provide empathy.** When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is also a great way to defuse tension.
- ★ **Be aware of your own stress and negative feelings.** They can really get in the way of feeling close to your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.



Talking to your teen - 10 tips for parents from young people



Wondering how to start a conversation with your teen about their mental health?

A group of young people have given us their top tips on how they would like their parents to approach the subject.

1. Let us know it is OK to talk to you about our worries and fears.
2. School and friendship pressures can be just as stressful for us as your lives are
3. Don't make assumptions about us - ask us.
4. When we have brothers and sisters, we don't all turn out the same, let us know what you value about us.
5. Let us know you might not be able to make things right but that it will turn out OK.
6. Ask us what we would like you to do (are we telling you to get it off our chests or because we want your help)
7. Tell us what you are thinking when we have talked to you, if you feel sad it is better to tell us than be silent.
8. Please don't ignore it if you are worried about us, you can always leave us a note if you don't have the words.
9. If there are times you struggle with things let us know, it helps to know we aren't the only ones.
10. Sometimes we don't understand why we feel the way we do so we might not be able to explain it

Mental Health Apps

Looking after mental health has never been more important. According to mental health charity Mind, 1 in 4 people in the UK will experience a mental health problem each year. Their data shows that 3.3 in every 100 people in England suffers from depression, with 6 in 100 reporting an anxiety disorder.

Mindfulness and Mood Trackers	
<p>For Me http://www.childline.org.uk/toolbox/for-me/ Direct 1-2 access to a counsellor, videos, advice and chat on a range of issues that affect young people. It is safe and discreet and can only be accessed with a PIN code.</p>	<p>Headspace www.headspace.com This app teaches mindfulness meditation principles to improve wellbeing.</p>
<p>Moodometer http://myhealthapps.net/app/details/363/moodometer This app is an interactive mood diary for monitoring and understanding emotional wellbeing. It includes tips and guidance on how to influence mood.</p>	<p>Dragon in the Attic (for children) Aims to teach 8-12-year olds how to make healthy choices for the mind and body. It uses a game where children are given a pet dragon to look after to build confidence and educate children about issues such as mental health and bullying</p>
<p>Moodpanda www.moodpanda.com Mood panda is an app-based platform allowing people to track their moods</p>	<p>Moodscope (Age 14 and over) www.moodscope.com Web-based mood tracking and management platform</p>
<p>StressHeads http://www.themix.org.uk/apps-and-tools/stressheads This app aims to help 16-25-year olds identify and cope with stress. It includes games to help distract young people from immediate stress and monitor causes of stress. Also available as an online game.</p>	<p>Smiling Mind http://smilingmind.com.au/ This is a modern meditation app for young people. It uses mindfulness to boost calmness, contentment and clarity</p>
<p>StepFinder http://stepfinder.org/ StepFinder uses mobile location services to pinpoint the nearest local support service – from mental health, to contraception, homelessness and bereavement- and shows the young person how to get to it using their phone. It also shows tips and recommendations from others who have already used the service, so young people know what to expect on their first visit.</p>	<p>SuperBetter https://www.superbetter.com/ This app has been created to help young people build resilience to become stronger, happier and healthier. Activities using gaming techniques to help the young person tackle tough challenges, change what isn't working to reach their goals.</p>
Depression and Anxiety	
<p>Get Self Help www.getselfhelp.co.uk This website offers free cognitive behavioural based self-help and therapy resources, including worksheets and self-help mp3s.</p>	<p>Youper (for Social Anxiety) http://www.youper.co/start-now This app has been developed to help people with social anxiety gain confidence in social situations. Using the principles of CBT, ACT (Acceptance Commitment Therapy) and MBSR (Mindfulness-based Stress Reduction), it aims to help people understand their anxiety, control it, and then challenge it using real-life guided practice exercises.</p>
<p>MoodKit http://www.thriveport.com/products/moodkit This app uses CBT principles to help people with depression and anxiety manage and track their</p>	<p>MoodTools Depression Aid http://www.moodtools.org/ This app provides six evidence based tools to aid clinical depression and negative moods. It contains</p>

moods. It has a 'thought checker' to identify negative thoughts and an 'activity' tool to suggest wellbeing activities.	info, self-tests, videos, a thought diary, activities, and a suicide safety planning features to help keep the person safe when they are feeling distressed.
Positive Penguins (For children) http://positivepenguins.com/ Aimed at 8-12-year olds, this app helps children understand their feelings and challenge negative thinking. Four positive penguins take children on a journey to help them better understand the relationship between what they think and feel.	SAM http://sam-app.org.uk/ This is a self-help app for anxiety which includes a personal toolbox, negative thought buster, colouring exercise and information.
Stop Panic and Anxiety Self-Help https://www.excelatlife.com/apps.htm#panicapp This is a self-help app for people experiencing panic attacks. It can provide immediate audio assistance during a panic attack and help prevent panic attacks. As it is targeted to specifically help panic attached, it may not be suitable for other forms of anxiety	
Bereavement and Suicide	
Stay Alive http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html This free app offers help and support to people with thoughts of suicide and people concerned about someone else. Key features include: Quick access to UK national crisis support helplines, a mini-safety plan, a LifeBox to which the user can upload photos from their phone reminding them of their reasons to stay alive, strategies for staying safe, tips on how to help a person thinking about suicide, and suicide bereavement resources.	Child Bereavement UK http://childbereavementuk.org/our-app/ Aims to help young people who have experienced bereavement to feel less alone, and provide information on where to get more support.
Self Harm	
Calm Harm http://www.stem4.org.uk/calmharm/ Aims to help young people resist the urge to self-harm by using four task categories which reflect the reasons why many people choose to self-harm: distract, comfort, express or release.	Self-Heal http://www.self-healapp.co.uk Uses DBT principles to help users resist the urge to self-harm. Also uses an image library for distraction and to promote recovery
Alumnia http://alumina.selfharm.co.uk/ A website which provides an online course for young people ages 14-18 which helps them find another way of dealing with the ups and downs of life.	
Eating Disorders	
Recovery Record Eating Disorder Management App http://www.recoveryrecord.com Go-to app for eating disorder recovery for all eating disorders. Includes: meal logging, meal planning, coping skills, rewards for recovery wins, social and secure. Can be used in conjunction with recovery teams.	Rise Up Recovery Warriors http://www.recoverywarriors.com/app Eating disorder recovery tools including meal logging, behaviour tracking, emotions and thought tracking. Also has information and activities around body image, mindfulness and relationships.

