



Etone College
'PROGRESS FOR ALL'

Supporting Pupil Wellbeing Workshop

Wednesday, 10th May



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Aims

What mental health is

What we do to support pupils

Looking for signs and symptoms

Signposting for support



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Mental Health Team



Juliet Stafford

**Deputy Head and
Mental Health & Wellbeing Oversight**



Rachael Price

DSL and Senior Mental Health Lead



Hannah Pywell

Whole School Mental Health Lead



Rachel Smith

Success Centre Manager



Samantha West

Mental Health Support Worker



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What is the definition of Mental Health?



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“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.”

World Health Organisation



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What is the definition of mental health?



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“Mental health reflects how a person may be feeling psychologically, emotionally or socially. It can be either good or poor and affects how we are able to cope with the challenges in our lives”

Year 11 Hendon School

“It’s a bit like internal weather.”
Mental Health Foundation



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Risk & Protective Factors



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Individual	Family	Community	Learning Environment
Optimism	Mental health	Support	Influence on peers
Resilience	Physical health	Belonging	Exam pressure
Emotional regulation	Parent/Carer consistency	Online life	Academic pressure
Development		Personal safety	Opportunity for exercise, health & behaviour
Physical health			Sense of connectedness
Substance use			Respect for others in school



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What does Good Mental Health look like for an older child?

Feel good

Able to regulate emotions

Feel that life is going well

Able to cope with life





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What does Poor Mental Health look like?

Changes in behaviour, emotions or school performance

Physical signs

Less interest in things they usually enjoy

Increased social isolation

Not developing as well as they were previously

Low mood, or tearfulness



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Matrix Academy Trust
EDUCATION WITHOUT EXCEPTION



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How do we Raise Awareness of the importance of mental health at Etone?



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Supporting Pupils

LOOKING AFTER OUR MENTAL HEALTH



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Whole School Support



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- Regular Assemblies
- National events - Children's Mental Health Week
- Extra-curricular wellbeing drop in –Brew Monday
- Display Boards and Signposting support
- Learning for Life lessons covering RHSE curriculum for mental health
- Mental Health linked to appropriate topics in other Learning for Life lessons – e.g. body image, impacts of alcohol and drugs, families and relationships
- Outside speakers
- Information in the newsletter
- Mental Health Ambassadors
- Twitter posts
- Website information – supportive Apps and websites



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Whole School Support



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- Parent engagement sessions
- Etone Five Top Tips for Wellbeing
- Etone Wellbeing Week and other events like World Kindness Day and Mindful Moments Challenge
- Extracurricular clubs being delivered by expert staff – such as choir and rock band this really helps well-being of the pupils attending!
- Mental health features in other lessons as relevant
- Success Centre Support
- MIND and Anna Freud partnership
- Support for examinations



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Mind and Anna Freud Partnership



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Schools and Colleges Early Support Service

We are an entirely virtual service run in partnership with the Anna Freud Centre and Mind. We offer a range of interventions for young people, their parents/carers and school staff.



What is the YP Offer?

- One-to-one direct support for students who present with **mild to moderate** anxiety or low mood. This Service is not suitable for young people who meet the threshold or are waiting for specialist Mental Health Support such as CAMHS. The Service has been designed to expand provision for young people who can be supported with a brief and targeted offer which is delivered remotely.
- The support is based on Guided Self-Help (GSH) and Cognitive Behavioural Therapy (CBT) principles, delivered online by trained practitioners
- The YP will work with one of our practitioners on a weekly basis for up to 8 weeks.



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Rachel Smith

Success Centre Manager

Etone's Success Centre



Samantha West

Mental Health Support Worker



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What We Offer:

- Anxiety and Self Esteem support
- Wishes and Feelings
- Anger Management
- Emotional Literacy
- Drug and Alcohol Awareness
- County Lines Awareness
- Friendships & Social Skills
- Bereavement
- Body Image



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What support can we offer students?



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The model of support we use in the Success Centre is based on guided self-help. This enables the young person to make positive changes in their thinking or behaviour. We are NOT counsellors. We are unable to diagnose, or offer any type of therapy/counselling to the students. If a student needs specialist support, we will refer to the relevant service.

- ✓ Low mood; mild anxiety/ depression; wishes and feelings
- ✓ Emotional regulation & anger management
- ✓ Low self esteem & confidence
- ✓ Managing stress, sleep hygiene
- ✓ Worries - for example, friendships
- ✓ Reduced appetite
- ✓ Superficial self-harm & suicidal thoughts
- ✓ Dealing with bereavement

- ✗ Eating disorders
- ✗ Any neurodevelopmental or learning needs
- ✗ Bipolar disorders
- ✗ OCD or PTSD
- ✗ Active high risk self harm and mental health hospital admissions
- ✗ High Level Trauma



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Signposting for Support



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	<p>Think Ninja - When you open the app you'll meet Wise Ninja, your personal guide to help you learn about mental health, emotional well-being and resilience. (Ages 11-17)</p>
	<p>Clear Fear - Did you know anxiety is fear based? Clear Fear is full of practical techniques to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. (Ages 11-19)</p>
	<p>MindShift CBT - Covering a wide range of difficulties that teens and young adults might face, MindShift CBT helps you challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful and relax.</p>
	<p>Stay Alive - This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Provides area specific support.</p>
	<p>Grief Works - Self Love & Care - Online Grief Therapy for Mental Health and Well Being Support. The Grief Works app was created to help you navigate your grief after the death of a loved one, soothe your pain and build your strength over time.</p>
	<p>Combined Minds- helps families and friends support young people with their mental health. A 'Strength-Based' approach works both ways, also helping families and friends to search for their own strengths.</p>

Anxiety Support



A national charity that provides information, support and other services for anxiety and phobias

Tel: 08444 775 774
Website: www.anxietyuk.org.uk



A charity that specialises in self-help-based recovery of anxiety disorders

Tel: 01753 840393
Website: www.nopanic.org.uk

Bereavement



Offers support, advice and information to children, young people and adults when someone dies.

Tel: 02476 670714
Website: www.cruse.org.uk



Guy's Gift provides bereavement support for children, young people and their families across Coventry and Warwickshire.

Tel: 0845 467 3035
Website: www.guysgift.co.uk

Drug and Alcohol Support



0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today.

Tel: 0800 776600
Website: www.talktofrank.com



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Where Students can access support



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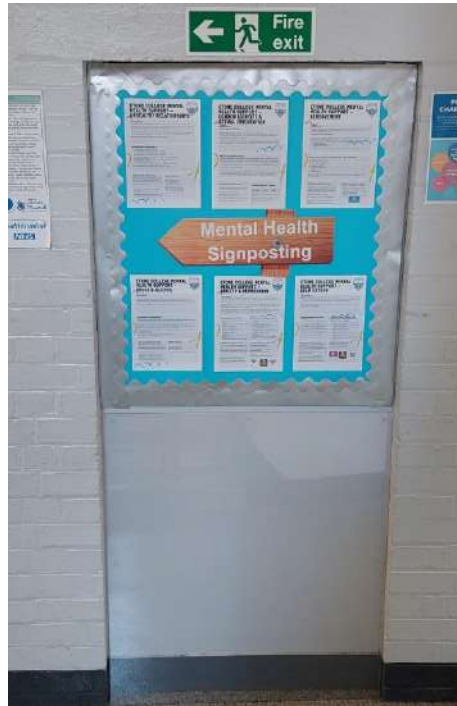


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Accessing Support

New Mental Health Signposting Support displays can be found in Express, Create and Inquire.



ETONE COLLEGE MENTAL HEALTH SUPPORT – SELF ESTEEM



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Information:

Self esteem is how much you appreciate and like yourself, regardless of the circumstances. It is how we value and perceive ourselves, and is based on our opinions and beliefs, which can sometimes feel really difficult to change. Other terms include: Self worth, self regard and self respect.

Having a positive view of yourself, and understanding your potential, can help motivate you to feel inspired to take new challenges.

Your self-esteem can affect whether you:

- Like and value yourself as a person
- Can make decisions and assert yourself
- Recognise your strengths
- Feel able to try new or difficult things
- Show kindness towards yourself
- Move past mistakes without blaming yourself unfairly
- Take the time you need for yourself
- Believe you matter and are good enough
- Believe you deserve happiness

There are lots of things in life that may contribute to low self-esteem. For example:

- Being bullied or abused
- Experiencing prejudice, discrimination or stigma, including racism
- Problems at school or while studying
- Physical health problems
- Mental health problems
- Relationship problems
- Worries about your appearance and body image
- Feeling pressure to meet unrealistic expectations, for example through social media

The Success Centre Team

Experiencing one or more of these symptoms doesn't mean you definitely have low self esteem. But if any of them are affecting your everyday life, it's a good idea to tell someone you trust about how you're feeling. You could speak to the Success Centre

Mrs R Smith - Success Centre Manager
Miss S West - Mental Health Support Worker -
[Email successcentre@etonecollege.co.uk](mailto:successcentre@etonecollege.co.uk)

Useful contacts & Apps:

MIND: www.cwmind.org.uk
TheMix: www.themix.org.uk



Accessing Support – Assembly Slides



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Mental Health Wellbeing at Etone

1. Give to others - Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

Top Tips



2. Learn new skills - Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

5. Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

4. Pay attention to the present moment (mindfulness)
Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness".

3. Connect with other people - Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others

Mental Health Wellbeing at Etone



- Think Ninja** - When you open the app you'll meet Wise Ninja, your personal guide to help you learn about mental health, emotional well-being and resilience. (Ages 11-17)
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- Grief Works - Self Love & Care** - Online Grief Therapy for Mental Health and Well Being Support. The Grief Works app was created to help you navigate your grief after the death of a loved one, soothe your pain and build your strength over time.
- Clear Fear** - Clear Fear is full of practical techniques to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.
- MindShift CBT** - helps you challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful and relax.
- Combined Minds** - helps families and friends support young people with their mental health. A 'Strength-Based' approach works both ways, also helping families and friends to search for their own strengths.



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Accessing Support



Etone Website

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Tel: 0800 776600
Website: www.talktofrank.com



Change Grow Live Warwickshire is a recovery-focused service with a full range of treatments and interventions designed to support people to take control of their recovery journey and achieve their recovery goals.

Tel: 01926 353 513
Website: www.changeprowlive.org

Eating Disorders



Support for individuals, friends and family who are suffering with an eating disorder.

Tel: 0808 801 0677
Website: www.beateatingdisorders.org.uk

Talk ED provides an essential support service for people struggling with eating disorders, and their loved ones.

Website: www.talk-ed.org.uk

Family Information and Support



If you aren't sure what support you and/or your family needs, the Family Information Service is a great starting point. Our knowledgeable and friendly team will listen to you and help you access the services that can support you.

Tel: 01926 742 274
Website: www.warwickshire.gov.uk/children-families

General Mental Health Support



Counselling service & helpline supporting young people who are struggling or in crisis.

Tel: 0808 808 4994
Crisis Messenger: Text THEMIX to 85258
Website: www.themix.org.uk



Mental health support for children, young people and adults in Coventry, including one-to-one support, drop-in hubs and courses and workshops, all tailored to support individuals in the ways that suit them best.

Tel: 024 7655 2847
Website: www.cwmind.org.uk

LGBTQ+ Support



There are LGBTQ+ support groups and professional services available in Coventry, across the West Midlands and Nationwide that can help you whenever needed.

Email: info@coventrypride.org.uk
Website: www.coventrypride.org.uk
We seek to enable LGBTQ+ people to remove barriers to accessing their potential and dealing with inequity through effective signposting for support and advice.

Website: www.stonewall.org.uk

Self Harm and Suicide Prevention



Harmless is a passionate organisation who works to address and overcome issues related to self-harm and suicide.

Contact form: <https://harmless.org.uk/contact/>
Website: www.harmless.org.uk



Alumina is a free, online 7 week course for young people struggling with self-harm.

<https://www.youthscape.co.uk/rsfer>
Website: <https://www.setharm.co.uk/>



PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK

Tel: 0800 068 4141
Website: www.papyrus-uk.org

Support for victims of crime



Victim Support is an independent charity in England and Wales that provides specialist practical and emotional support to victims and witnesses of crime

Tel: 08 08 16 89 111
Website: www.victimsupport.org.uk

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If you need urgent mental health support and advice:

Call NHS 111 for physical or mental health emergencies (available 24/7)

Samaritans: call 118 123 (available 24/7)

SHOUT85258: text 'SHOUT' to 85258 (available 24/7)

Always dial 999 in an emergency or, to contact the Police in a non-emergency, use 101.



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Tips for Parents



- Spend time with your children – for example:
 - Cooking together
 - Board Games
 - Film Night
 - Walking
 - Planning days out e.g. Coombe Abbey
- Sitting down at dinner and having conversations with no mobile phones
- Asking how your child is
- Monitoring your child's social media apps



Tips for Parents

- Sharing concerns
- Encourage new hobbies/interests
- Downloading useful apps
- Establishing routines
- Model healthy coping skills
- Talk about emotions and feelings regularly
- Remembering those 5 top tips



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If you are Concerned



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- Talk to your child
- Speak to HOH
- Use the websites
- Use the apps
- Go to the GP
- Implement the 5 top tips



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Supporting Wellbeing Workshop

Any Questions?



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