



De La Salle
School

MENTAL HEALTH AND WELLBEING STUDENT BOOKLET



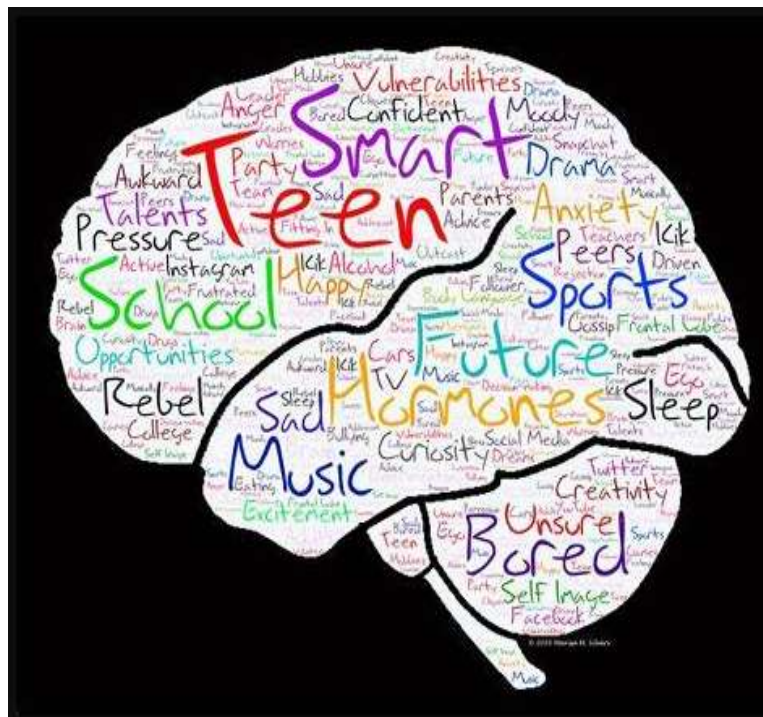
WHAT IS MENTAL HEALTH?

Just like physical health, we all have mental health. Sometimes this is known as emotional wellbeing. As well as spending time looking after our physical health, we also need to spend time nurturing our mental health.

Mental health can be affected by many different issues such as stress and anxiety (from home, school, friends, life events, etc), poor sleep, poor diet and exercise, and many other factors.

At De La Salle we want to see all students flourish, learn and succeed. We are committed to supporting all our children with growing and maintaining good mental health. It is important to know when your mental health is not the best, who you can speak to, and ways we can work together to make your mental health grow strong again.

- In this booklet we're going to look at:
- Self-care
- Signs mental health isn't too good
- Who can help me in school?
- Help from organisations outside of school



SELF-CARE

Self-care is defined as 'the practice of taking action to preserve or improve one's own health'.

It is important. It is not selfish.

Everyone needs to spend time looking after themselves.

Self-care can be anything from spending 30 minutes lay on your bed listening to your favourite music, to spending time on a hobby. It can also be spending time recognising negative triggers and making plans on how to avoid these triggers. This could be through keeping a diary, talking to someone you trust, taking part in talking therapies, or joining a social support group.

Taking part in self-care will, over time, improve your mood, reduce stress and anxiety, and promote a healthy relationship with your own mental health. It can also improve relations with other people.

Ways to self-care are:

- Ensure you schedule regular self-care time for yourself.
- Taking up a low stress activity/sport/hobby.
- Share your feelings with others.
- Keep a healthy lifestyle (diet and exercise).
- There is more information on self-care from the NHS here: [Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/every-mind-matters/self-care-tips-videos-for-young-people/)



SLEEP HYGIENE

Another way to self-care is to try and make sure you get enough sleep. Feeling anxious, depressed, or 'not quite yourself' can be made worse if you are tired. Some signs that you are not getting enough sleep are:

- You have a hard time falling asleep
- You experience sleep disturbances in the night frequently
- You struggle to stay awake or are consistently tired during the day

There are some things we can do before going to bed at night to make sure we get the best night's sleep possible:

- If you enjoy nice smells than you can try spraying lavender oil on your pillows before bed. This can help to relax you.
- Avoid screen time of any kind for 1-2 hours before bed - try listening to audio books/podcasts if you need to have a sound on.
- Turn any lights off. e.g., big lights/close the curtains – try having a small plug-in night lamp instead of a harsh light.
- Try not to drink and caffeine products 6-8 hours before bed, such as tea or coffee. Juice/water/hot chocolate are better alternatives.
- Use your bed for sleeping only. Try not to get into the routine of doing work on your bed as then the bed no longer feels like a safe, relaxing space.
- Going to bed and waking up at the same time every day can help to build up a good routine. Understandably, sometimes you want to sleep more, this is ok as long as it's not an excessively more amount of sleep.
- Try reading before bed to help to calm your mind and thoughts or practice yoga/breathing exercises



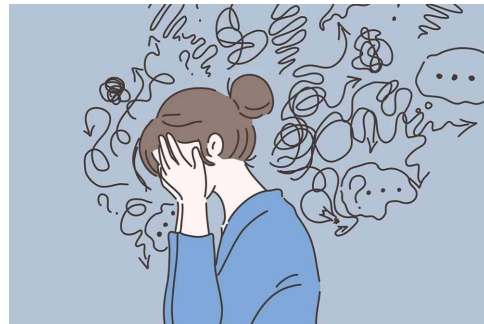
ANXIETY

A low level of anxiety is a normal reaction to a situation we are nervous about. For example, before a test, the first day of a new school, or starring in a play.

Anxiety becomes a problem when you can't put your finger on why you're feeling anxious, when you're overly worried about an event that hasn't happened yet, or when the anxiety you feel causes you to over think situations.

Symptoms of anxiety are wide and varied. They could be:

- Feeling nauseous/stomach-ache
- Red face
- Sweaty palms
- Fast heartbeat
- Headache
- Dizziness
- Wide eyes
- You feel more irritable or teary
- Struggling to sleep/waking multiple times in the night
- Finding it hard to concentrate
- Having lots of negative thoughts
- Avoiding activities that you once found fun
- Having more or less of an appetite than usual



Some ways that we can help manage anxiety are:

- Try to notice and recognise the signs of anxiety or the triggers that cause it.
- Always try to ask for some support, even if it is just saying that you feel anxious, someone will always be able to help you. This could be a friend, parent, school staff or even a helpline.
- Try to stick to a daily routine as and when you can.
- If there is a big change coming up in your life (eg. exams/moving school/moving house etc), try to talk about it as much as possible to ask any questions you are worried about. There are no stupid questions!
- Use relaxation techniques when becoming overwhelmed – deep breaths in for 4 seconds and out for 4 seconds.
- If you struggle with verbalising how you feel, create a box/wallet of notes about what or how you feel and try to show them to a trusted adult/friend to help.
- **If your anxiety becomes unbearable and is taking over day to day life, this is when you should try to seek professional support such as a GP.**

DEPRESSION

Emotions are normal, even emotions such as feeling sad, down or upset. Emotions are how we tell the people around us how we're feeling and what makes us happy or unhappy. A sign that you could be depressed is when the negative emotions are affecting our daily life on a regular basis, and we feel sad, down or upset most of the time.

Signs of depression may be:

- Being irritable/easily angered
- Losing interest in hobbies that you normally enjoy
- Feeling overly tired and exhausted a lot of the time (mentally drained)
- Sleeping more/ less
- Inability to concentrate
- Not wanting to speak to family and friends as much
- Losing confidence and self-worth/ feeling more insecure
- Eating less than usual or overeating / seeing clear changes in weight
- Unable to relax and constantly feeling restless
- Have feelings of being worthless/overly guilty about something
- Feeling numb
- Having thoughts of suicide
- Having thoughts of self-harm/acting on these thoughts

The best way we can help manage depression is to talk to someone you trust and ask for help. Other helpful ways are:

- Deep breaths and other techniques to stay calm
- Self-care/ give yourself a break if it is needed
- Being honest with teachers and people you trust
- Make weekly plans/routines to keep prepared
- Try to stay involved in clubs/things you enjoy
- Writing down your thoughts and feelings
- Drawing/anything creative



MENTAL HEALTH AND WELLBEING SUPPORT AT DE LA SALLE

YEAR TEAMS

The year teams offer a great deal of support to their year groups. Each year team has a Head Of Year/Pastoral Lead and a Pastoral Support Manager/ Learning Mentor. The year teams are not just there to support you in school, but to support you with any issues you may be facing. This maybe issues with confidence, anxiety, family, friendship, or anything that may affect your mental health and wellbeing. In school, your first stop should always speak to your Year Team, and they will ensure you get the help and support you need.

Year 7: Pastoral Lead: Mrs Higham

Learning Mentor: Miss Heron

Year 8: Pastoral Lead: Mrs Marshall

Learning Mentor: Mrs Jones

Year 9: Head of year: Mr Fletcher

PSM: Mrs Barker

Year 10: Head of year: Mrs Mallalieu

PSM: Mrs Graham

Year 11: Head of year: Mrs Critchley

PSM: Mrs Jackson



Student Support Team

Mrs De'Ath:	Designated Safeguarding Lead
Miss Brunt:	Student Support Manager
Mrs Pye:	Medical and Wellbeing Officer
Mrs Moran:	CWLA/EAL/YC Co-Ordinator
Mr Edwards:	Learning Mentor
Miss Feathersone:	Education Welfare/ Family Liaison Officer
Miss McCormick:	Chaplin



The Student Support team offer a wide range of in-school support aimed at young people. This includes mentoring, wellbeing sessions, group and solo work, and referral to outside agencies. If you know a young person who you think may benefit from this support, please speak to the young persons Head of Year/Pastoral Lead.

We also have a number of trained Mental Health First Aiders in School. If you feel you are in crisis please ask to see one.

MENTAL HEALTH FIRST AIDERS:

Mrs A DeAth
Mrs S Moran
Mr T Cummings
Mrs D Pye
Mrs J Peet
Mr L Canning



Wellbeing staff at De La Salle

Mrs Anna De'Ath

Mrs De'Ath is an Assistant Head Teacher, an English Teacher, and The Designated Safeguarding Lead for De La Salle.

She has overall responsibility to coordinate different teams and support, internal and external.

As senior lead for MH she has accessed additional government funded training.

Mrs De'Ath is also a mental Health First Aider, so is trained to listen and help in a mental health crisis.

Miss Brunt

Miss Brunt is the Student Support Manager here at De La Salle. She, with Mrs De'Ath, triages referrals made into the Student Support Service, and ensure the Student sees the member of staff most suitable to their needs. Miss Brunt also offers mentoring and group work to students, as well as being involved in restorative work.

Miss Brunt also monitors the students who are referred into the Student Support Service to ensure they are receiving the help needed. If a student would benefit from the help Miss Brunt can offer, please contact their year office who will refer them.

Mrs Moran

Mrs Moran is the CWLA/EAL/YC Co-Ordinator at De La Salle. Mrs Moran's role is to assist our Students that require a wider network of support, and also the young carers who attend our school. Mrs Moran offers support sessions with these students, as well as group work, and also runs clubs in school.

Mrs Moran also liaises with other agencies that support our students, and completes care/support plans where needed.

Mrs Moran is a Mental Health First Aider, so is trained to listen and help in a mental health crisis.

Mr Edwards

Mr Edwards is a Learning Mentor at De La Salle and works in LAP and Supervision. Whilst working in these areas, Mr Edwards helps to assist vulnerable students who may need support for a wide range of issues, from behaviour to anxiety. Mr Edwards also offers one to one support to students in the form of Drawing and Talking Sessions and Mentoring. If a student would benefit from the help Mr Edwards can offer, please contact their year office who will refer them.

Stacey Mawson:

Stacey is a Therapist from the Resilience Team (Barnardo's) who works closely with us to support our students mental health and wellbeing.

Stacey comes in to De La Salle on a regular basis and offers many different support methods to our students. This ranges from a 6 week block of one to one sessions, group sessions, and drop in sessions.

Stacey is a regular visitor to our school and provides a relaxed, safe and open space for students to speak.

If you are aware of a student that would benefit from Stacey's help, please speak to the Students year office who will refer them using the Barnardo's wellbeing form.

Mrs Denise Pye

Mrs Pye is the Medical and Wellbeing Officer for De La Salle and is situated in the Medical Room. She offers one to one wellbeing sessions to pupils who need, or ask for, extra support in school. She can cover a range of issues from stress and anxiety, family and/or friendship, self-harm, or identity issues.

She offers a safe, non-judgement place to talk and helps explore ways to help improve wellbeing. Mrs Pye offers 6 weeks blocks of 1-hour weekly sessions. If you are aware of a pupil who may benefit from these sessions, please ask the year office to refer them using the wellbeing forms.

Mrs Pye is also a Mental Health First Aider, so is trained to listen and help in a mental health crisis.

Miss Featherstone

Miss Featherstone is Education Welfare/Family Liaison Officer at De La Salle. Miss Featherstone helps students who are struggling to attend school for a variety of reasons. Miss Featherstone works closely with the students and their families to identify issues and assist them with overcoming them. She works closely with the Year Teams to provide support and guidance to our students, and to signpost them to other forms of help available to them.

Mrs Sam McCormick

Mrs McCormick is Chaplain at De La Salle and is based mainly in the Chapel. Mrs McCormick hosts the Lasallian Social in the Chapel at break and lunch times. This social time offers a youth club feel, with a quiet area for people to read or listen to music.

Mrs McCormick also offers wellbeing support for a whole range of topics but does have a special interest in body/self-image. If a student would benefit from the help Mrs McCormick can offer, please contact their year office who will refer them.

As the Chaplain here at De La Salle School, Mrs McCormick can also provide spiritual and religious support.



WHAT'S ON IN SCHOOL?

A great way to improve our mental health wellbeing is to spend time taking part in an activity that we enjoy, or even trying something new. Here at De La Salle we have many different extracurricular activities for you to take part in. Below is the time table of activities currently available in school.

Lunch and afterschool clubs are advertised on the board at Student Services.

Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch
Library Code Club F9 Chess Club	Geog Squad Chapel Craft Club F14 Art Club A2 yrs 7 & 8 Choir	Library Chapel Spanish Club G11	Library Chapel	Library Chapel Board games (Week B) L4 Basketball years 7-11 Chess Club
Monday Afterschool	Tuesday Afterschool	Wednesday Afterschool	Thursday Afterschool	Friday Afterschool
Basketball years 7-11	Rugby Years 7-11 Gym years 7-11	Football Yrs 8-9-10 Girl Netball yrs 7 & 8	Girls Netball years 9-10-11 Football Year 7	



WHAT'S ON IN SCHOOL?

• MVPs

- **“Merseyside Youth Association’s** Mentors in Violence Prevention (MVP) is a peer education programme that provides young people with the language and framework to explore and challenge the attitudes, beliefs and cultural norms that underpin gender-based violence, bullying and other forms of abuse, while building resilience and promoting positive mental health.”
- We are fortunate here in De La Salle to have a group of wonderful MVP’s from year 10 who work with years 7-9s delivering information and workshops about bullying, harassment, and how we can prevent it.
- But apart from that, MVPs also offer peer support to other students. This maybe by listening to you if are you are feeling sad, anxious or worried whilst in school. They can be there for you if you want support speaking to a member of staff to report an issue in school. They are also there if you want a chat because you're feeling a little left out or lonely in school.
- You can learn more about the MVP’s role here <https://educationmvp.co.uk>.



WHAT OTHER HELP IS AVAILIABLE?

We also work closely with the Mental Health Support Team (MHST). Members of the team are regular visitors to school and offer services such as one to one support, group work and advice. For more information please see below for a link to their website and their prospectus.

[Our Mental Health Support Team within schools in St Helens](#)

[435.MC MHST prospectus](#)

WHAT OTHER HELP IS AVAILABLE?

As well as helping with a wide range of mental health issues, the services below also offer support in a crisis.

If you feel you are in immediate danger of harming yourself, please ring 999 or go straight to your local A&E department



MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

www.youngminds.org.uk

Text YM to 85258 for free, 24/7 support



A confidential emotional support service for anyone in the UK and Ireland. Available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

www.samaritans.org

Email: jo@samaritans.org

Tel: 116 123 (any time)



A leading digital support service on a range of issues impacting young people's wellbeing including mental health, money, homelessness, employment, relationships and drugs. An online chat and a crisis messenger is available on the site.

www.themix.org.uk

0808 808 4994

Crisis text service : text THEMIX to 85258



Counselling service for parents, children and young people, offering free and confidential help and advice.

www.childline.org.uk

0800 1111



Contact HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: [0800 068 4141](tel:08000684141)

Text: [88247](tel:88247)

Email: pat@papyrus-uk.org

Opening hours:

9am – midnight every day of the year (Weekends and Bank Holidays included)



SHOUT can help with anxiety and stress, depression or sadness, suicidal thoughts, self-harm, panic attacks, loneliness or isolation, abuse and bullying.

Text 'SHOUT' to 85258

www.giveusashout.org

Text service available 24 hours a day, 7 days a week.

WHAT OTHER HELP IS AVAILIABLE?



A leading children's charity which provides services, research and guidance on a range of issues concerning children's wellbeing including child poverty, sexual exploitation, disability and domestic violence.

www.barnardos.org.uk



National charity providing information, advice, and campaigning to promote and protect good mental health for everyone.

www.mind.org.uk

Infoline: [0300 123 3393](tel:03001233393)

Email: info@mind.org.uk



Free support services for young people delivered by qualified counsellors via online chat.

www.kooth.com



LBGT Confidential support and information for the lesbian, gay, bi, and trans community.

[Switchboard LGBT+ Helpline](http://www.switchboard.org.uk)

Tel: 0300 330 0630 (10am-10pm every day)

Email: chris@switchboard.lgbt



Support with neurodevelopment conditions in Liverpool, St Helens, Sefton, Halton, Knowsley and Warrington.

www.advancedsolutions.co.uk

01744582172

info@advancesolutions.co.uk



People affected by loss from suicide.

uksobs.org

Support Line – 0300 111 5065 Monday & Tuesday 9am – 5pm

email.support@uksobs.org



COUNSELLING FOR PEOPLE AFFECTED BY BEAREVEMENT (BUTTERFLIES), SUICIDE (AMPARO), DIVORCE, SEPERATION OR DOMESTIC ABUSE(DIAMOND).

listening-ear.co.uk

01514886648

enquiries@listening-ear.co.uk

online referral: <https://listening-ear.co.uk/refer/>