

# Mental Health: Wellbeing & Support

## Mental health & wellbeing support

At Co-op Academy Walkden, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

School staff are often the key professionals when it comes to identifying and supporting children and young people's mental wellbeing and are ideally placed to respond to the early signs of mental health difficulties in children and young people.

## What to do if you need help

There are many sources of help available to help you take care of your emotional health and wellbeing.

In school you can speak to:

- Head of Year
- Progress Leader
- Learning Support Team
- Safeguarding Lead
- Any teacher or other member of staff

Other avenues for your support:

- Take a look at our school website for more support information
  - Speak to your parent/carer or another trusted member of your family
- Useful websites you can seek help from:
- [Young Minds](#) - Fighting for young people's Mental Health
  - [Mind](#) - Mental Health Information for young people aged 11-18
  - [NHS](#) - Children's Mental Health: Every Mind Matters
  - [Childline](#) or call 0800 11 11
  - [Kidscape](#) - Help with Bullying or call 020 7730 3300

## Self-Harm

The term 'self harm' means doing anything on purpose that causes harm to yourself. This can include; cutting, burning, overdosing or swallowing something dangerous or

anything that causes harm to your body on purpose. At least 10% of adolescents report having self-harmed. Self harm is something that people do to help manage their emotions, what is sometimes called a 'coping strategy'. Young people can self harm for a number of reasons. The most common is to help them cope with their feelings in response to situations such as; depression, low self-esteem, drug or alcohol abuse, bullying, family problems, abuse (physical, emotional or sexual) plus many more.

How can you help? The most constructive way to deal with self harm is to stay calm, try not to be alarmed or show your fears. There are many things that can help: it may be that the individual needs structured therapy from a mental health professional, or that the compassionate support of family and friends is enough to aid their recovery.

Find out more at: [www.harmless.org.uk](http://www.harmless.org.uk) – a national voluntary organisation for people who self harm, their friends, families and professionals