

Mental health and well being

Dawn Hallybone

LRC

LGfL



Stress and serious anxiety: how the new GCSE is affecting mental health

2:48 10 Apr

Child mental health 'postcode lottery'



Spending on children's mental health services is up 17% but some areas have missed out on extra funds.

[Read more >](#)

As teachers
students – but are

- teacher

; too

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Fact

Myth

On average, people with **severe** mental illnesses **die ten years younger.**

Fact

Myth

There's not much you can do to **help a friend** experiencing a mental health problem.

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**People can't work
if they have a mental
health problem.**

Fact

Myth

Fact

Myth

**If you use a mental health
service, there's a
one in three chance
you'll lose contact
with friends.**

"The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs. In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities."

Source: Young Minds 1999

The mental health continuum



Statistics

10% of school children have a diagnosable mental illness – around 3 in every class

70% of children and adolescents who experience mental health problems have not had appropriate intervention at a sufficiently early age

Children and young people receive less than 5% of mental health care funding

Statistics

65% of education professionals would not feel confident in disclosing mental health problems or unmanageable stress to their employer

76% of education professionals have experienced behavioural, psychological or physical symptoms due to their work, compared to 60% of UK employers

74% of educational professionals consider they do not have enough guidance about mental health and wellbeing at work

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I'M FINE

Sometimes we say we're fine when we're not.

With 1 in 4 of us experiencing a mental health problem each year, if your mate says they're fine, they might not be.

To really find out, #AskTwice.

time to change
let's end mental health discrimination

Funded by
Department of Health & Social Care



Run by
mind
for better mental health



time to change
let's end mental health discrimination

BE IN YOUR COLLEAGUE'S CORNER

1 in 4 of us will experience mental health problems this year.
If a team mate is acting differently, step in.



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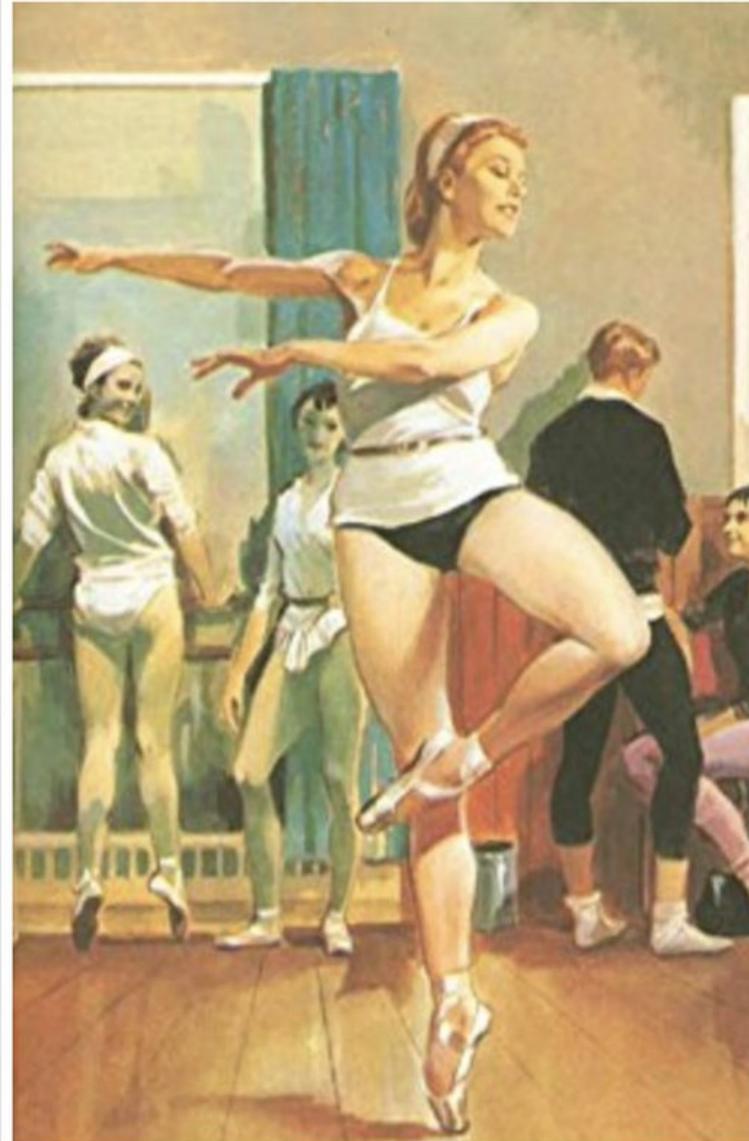
Inclusion and Wellbeing

Clare is a busy teacher. She sometimes feels stressed by the demands of her job.

Luckily, her headteacher recently attended a mindfulness course and has decided to provide yoga classes after school to improve staff wellbeing.

Whilst performing an 'extended triangle pose' Clare can't shake off the feeling that this isn't going to get her marking done any time soon.

@primarypercival



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CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

GIVE

YOUR TIME, YOUR WORDS, YOUR PRESENCE

BE ACTIVE

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

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Well being week

Magic moments board

Share your tupperware

Walking and talking

No take home Thursday

Coffee and cake

Guardian Angels

Listening

Monday motivation

Staff shout out

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Ten Steps Towards School Staff Wellbeing

This is practical resource to help schools promote staff wellbeing. It has been co-produced with members of our Schools in Mind learning network.

www.annafreud.org/schoolsinmind



Supporting Staff Wellbeing in Schools

This booklet offers practical guidance about what school staff and senior leaders can do to support their own and their colleagues' wellbeing.

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**Education
Support**
Partnership

#teacher5aday
#wellbeing

0800 562 561

fit2teach

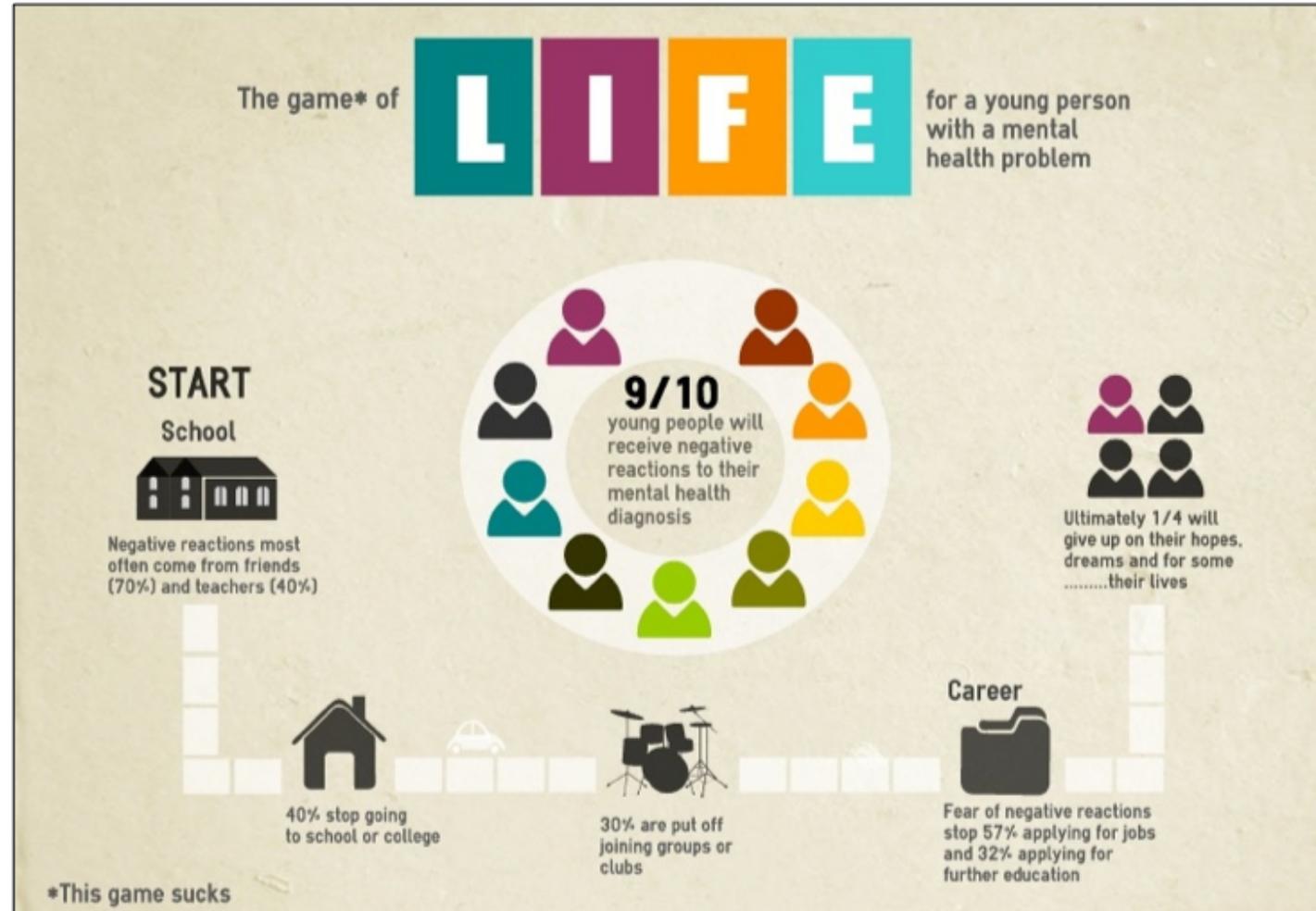
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Think about:

- **Policies**
- **Promoting well being**
- **Clear communication**
 - **Managing change**
- **Information for staff**
 - **Training**

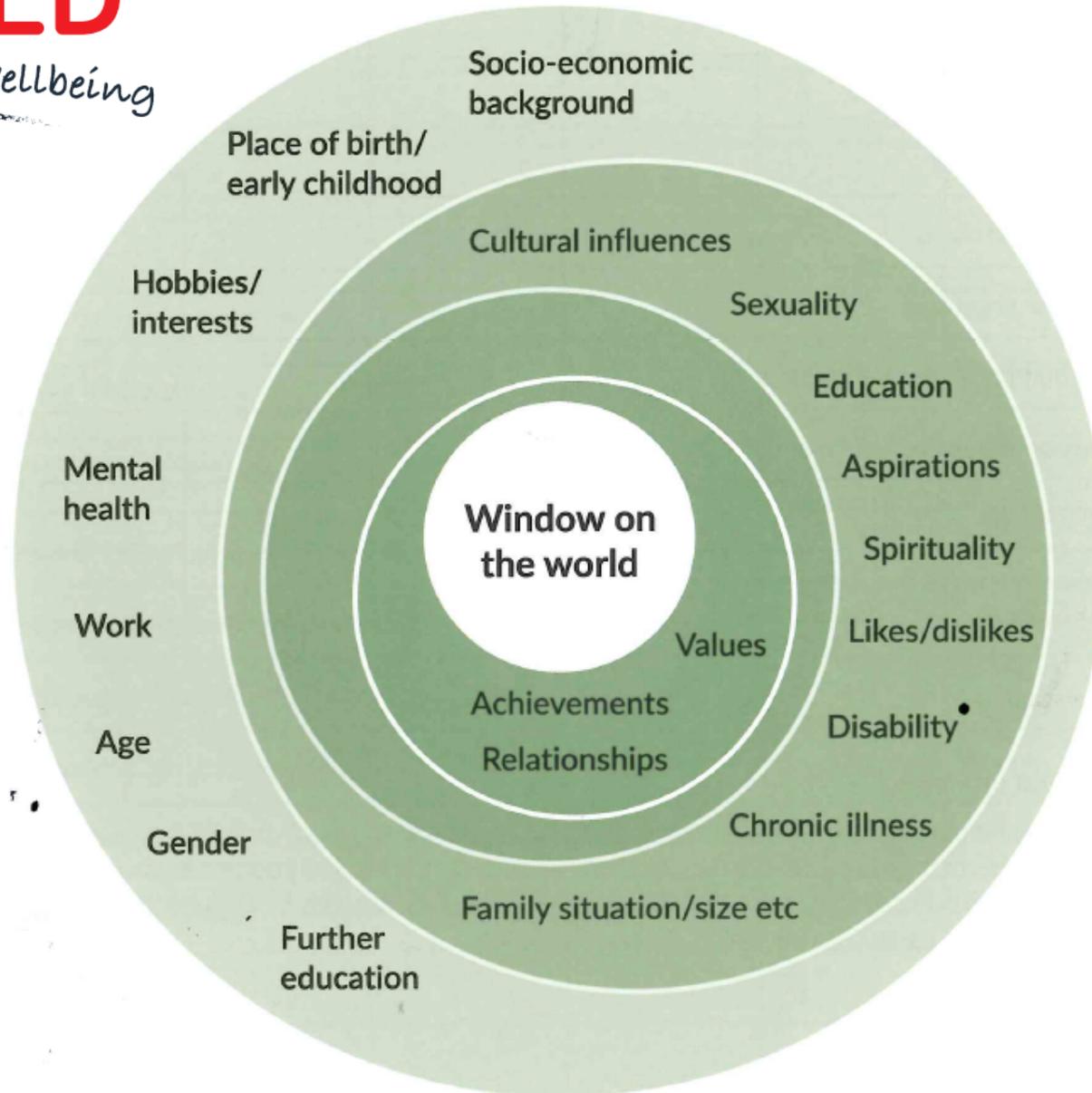
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What's your
frame of
reference?

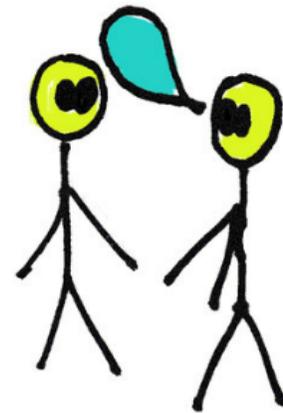
What about the
young people
that you work
with?

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Non judgemental listening

*“Most people do not listen with the intent to understand; they listen with the intent to reply”
Stephen R. Covey*

LISTEN to others-



to identify what you see as important and to expand your own understanding

Creating an open culture

You don't need to be an expert

Conversations come in many forms. Short, informal chats can make a big difference.

One of the most significant things for young people is that they know they can come to talk to someone if they are worried – whether it's about themselves or someone else.

Just being open to talking about mental health will almost always help. Showing you're available, and that you care, will mean a lot.

"It's not a question of enormous resource, or a massive amount of teacher time.

It's just a change of mindset that you're having these discussions."

Kate Donovan, Deputy Head

*“It’s easier to build strong children than
to repair broken adults”*

Frederick Douglass (1818-1895)

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Inclusion Resource Centre

Across LGfL, there are many resources which support inclusion. Through this resource centre, you can search and find the resources which will support you and your learners most effectively. Press Extra Info to get more details about each one.

Listening books
Audiobooks for children that find it difficult to read in the usual way

Listening Books

COUNTER-EXTREMISM
 narratives and conversations

Counter Extremism

EAL Young Interpreter Scheme (YIS)

audio network

Audio Network

HEALTHY MINDS

Healthy Minds

Busy Things

Trust Me
 Thinking critically about what you see online

Trust Me

Managing a sudden death in the school community

Child Bereavement UK
 REBUILDING LIVES TOGETHER

Childhood Bereavement

EVERYONE MATTERS
 Challenging homophobic bullying

Everyone Matters

Look, Think, Do

Look Think Do

BBC Sound Effects

THINKING SKILLS FOR LIFE

Thinking Skills for Life

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**HEALTHY
MINDS**



Look, Think, Do



Listening books

*Audiobooks for children that find it
difficult to read in the usual way*

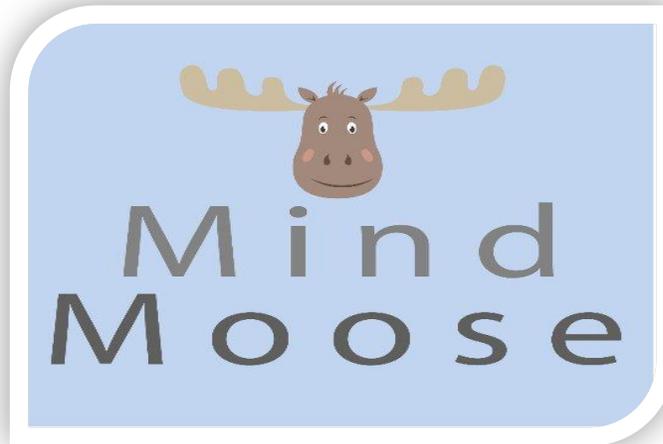
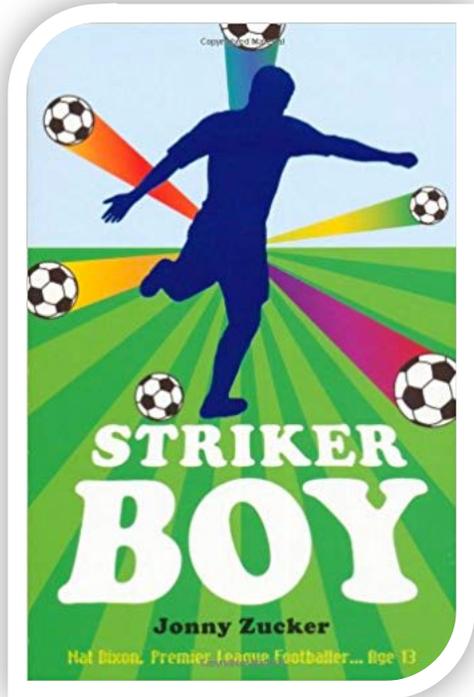
**THINKING
SKILLS
FOR LIFE**



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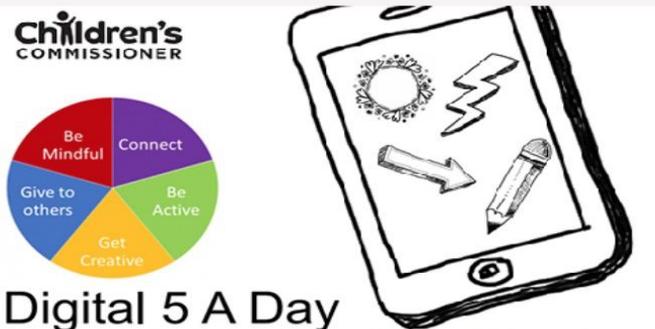
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<https://www.lgfl.net/inclusion/mental-health-and-wellbeing/links>

Children's COMMISSIONER



Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

Digital 5 A Day

MediaSmart
OPENING EYES

Get Media Smart
Body Image and Advertising

Body Image and Advertising Resources

Education for a Connected World A framework to equip children and young people for digital life



UKCS
UK COUNCIL FOR CHILD INTERNET SAFETY

Trust me
Thinking critically about what you see online

Childnet International

LONDON
GRID FOR LEARNING



Be Well 2019 - Mental Health and Well Being Conference



Be Well 2019 - Using thinking c...

Michael Kelly from the Royal Free Hospital explains his innovative approach to using

Views: 8

32:53



Be Well 2019 - If not us, who? A ...

Director of English Abbie Mann offers a personal insight into how teachers can stay fit,

Views: 10

31:51



Be Well 2019 - Mindfulness with...

Marissa offers ideas to support and inspire mindfulness within a school context.

Views: 11

20:53



Be Well 2019 - Wellbeing in Edu...

Lessness Heath is the first school nationally to be awarded with the Wellbeing Award for

Views: 4

36:13



Be Well 2019 - Ben Commins - ...

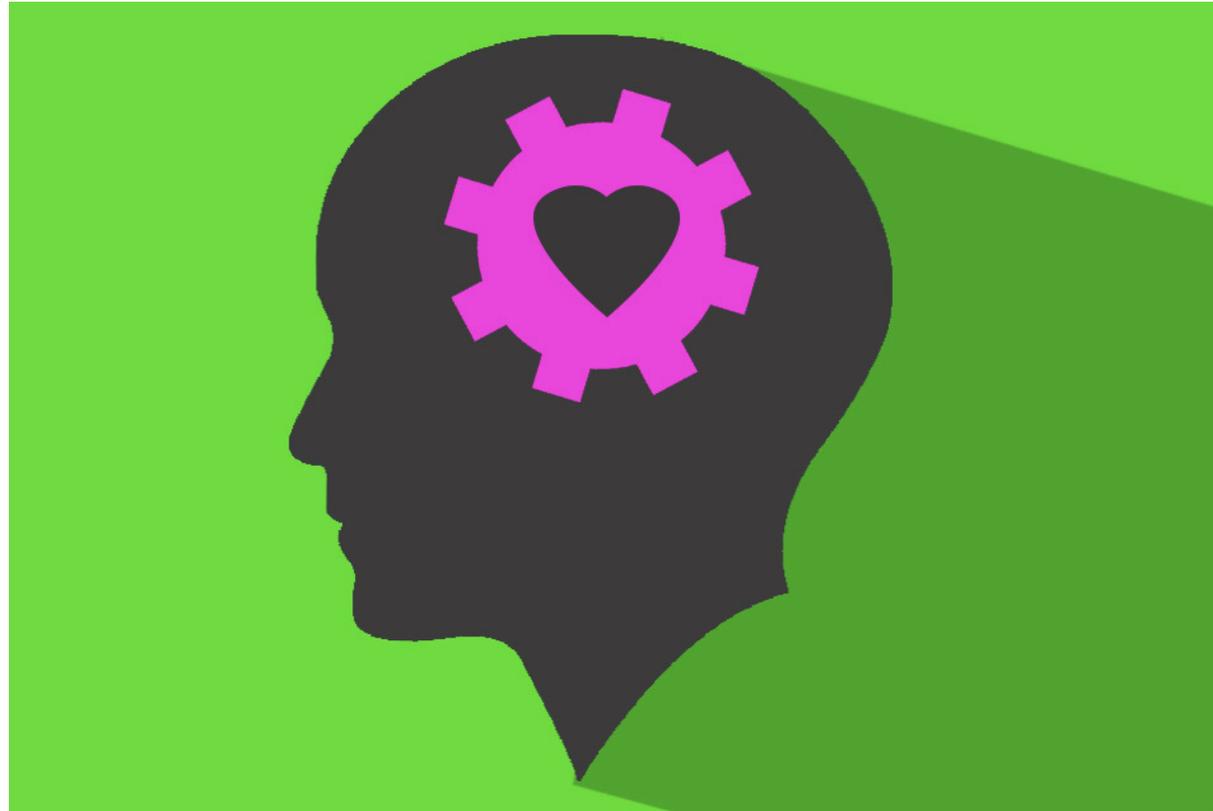
Ben Commins is headteacher of an inner city London primary school with over 15 years

Views: 16

21:35

training.lgfl.net

*Probably the best
training that I have
been on.....*



*Confidence to help
young people
undergoing a
variety of mental
health episodes*

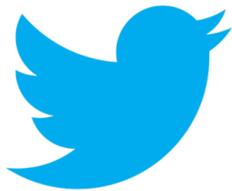
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dawn.hallybone@lgfl.net



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