

An important message for Essex schools from our Public Health and Healthy Schools Team

**Subject: Emotional Wellbeing and
Mental Health**

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Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month, we are focusing our campaign on **Emotional Wellbeing and Mental Health**.

World Mental Health Day takes place on the 10th October and it provides us with another opportunity to raise awareness of emotional wellbeing issues and show support for better mental health. The theme this year is suicide prevention. According to the World Health Organisation 800,000 people take their own life every year and many more make attempts on their life. Sadly, suicide is the second leading cause of death among 15-25 year olds globally. For more information on World Mental Health Day [click here](#).

There is lots of information in this publication which would be really beneficial to share with your wider school community. **Please do share this bulletin** any other place you feel relevant.

Family Wellbeing

[Five Ways to Wellbeing](#) is a set of evidence based public mental health messages aimed at improving the mental health and wellbeing of the whole population. The messages are:

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

They were developed to reflect the kind of behaviours people can undertake that may lead to improvements in their mental health.

CHALLENGE – what simple steps could you introduce for yourself or your family to consider Five Ways to Wellbeing? Could you find opportunities to connect with friends in person rather than via technology? Perhaps introduce mindfulness before bedtime? Could you allocate 15 minutes a day to play a game together?

Worried about your child's emotional health?

If you think your child is unhappy or if you are worried about their behaviour, it's easy to be hard on yourself and think you aren't doing a good job. The charity Young Minds provides a helpful [Parents Survival Guide](#) that includes helpful tips to support your child if you are worried about their emotional health.

The Anna Freud National Centre for Children and Families is a children's mental health charity that provides information, [support](#) and guidance for both young people and their parents.

Are you or someone you know having suicidal thoughts?

Talking about suicide can be difficult and distressing for the person who is suicidal and for anyone who may be concerned about them. If you, or someone you know is having suicidal thoughts there are services that can help.

[PAPYRUS](#) is the UK charity for the prevention of young suicide that provides a range information and guidance for both young people and their families. The charity also offers confidential advice through their helpline HOPELINEUK 0800 068 41 41. You can also contact the Samaritans; call their free 24hr phone line: 116 123.

References

Please use these references to further your reading and find out more information on the topics covered this month.

1. World Health Organisation (2019). Suicide Prevention. Available at: www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention
2. PSHE Association (2019). Guidance on teaching about mental health and emotional wellbeing. Available at: www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-mental-health-and
3. YoungMinds (2019). Information on fundraising on World Mental Health Day. Available at: www.youngminds.org.uk/get-involved/how-to-fundraise/helloyellow/
4. Mind (2019). Five ways to Wellbeing. Available at: www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/
5. Childline (2019). Provides information and support on mental health. Available at: www.childline.org.uk/
6. Mind (2019). Tips on relaxation techniques. Available at: www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/#.XW96M02WxIY8
7. Essex Child and Family Wellbeing Service (2019). Chat Health. Available at: www.essexfamilywellbeing.co.uk/2018/10/essex-child-and-family-wellbeing-service-launch-school-nurse-text-messaging-advice-service/
8. Anna Freud National Centre for children and families (2019). Provides information and advice for parents. Available at: www.annafreud.org/what-we-do/
9. Papyrus (2019). National charity for the prevention of young suicide. Available at www.papyrus-uk.org/about/
10. Samaritans (2019). Provides information and support for young people. Available at: www.samaritans.org

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virginicare.co.uk

