



Student Wellbeing Resource

Mental Health

UPDATED
November 2019

Overview

Mental health is a wide subject but in basic terms it is a person's emotional, psychological, and social well-being. Your mental health can affect how you think, feel, and act. It also determines how people handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. The causes for mental health problems vary from one person to another and can include: biological factors, such as genes or brain chemistry; life experiences and/or family history of mental health problems. Mental health can be affected by common experiences like relationship difficulties, loss, confidence and self-esteem, exam stress, as well as trauma or abuse.

These are some early signs to look out for if someone has deteriorating mental health:

- Eating or sleeping too much or too little.
- Pulling away from people and usual activities.
- Having low or no energy.
- Feeling numb or like nothing matters.
- Having unexplained aches and pains.
- Feeling helpless or hopeless.
- Smoking, drinking, or using drugs more than usual.
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.
- Yelling or fighting with family and friends.

- Experiencing severe mood swings that cause problems in relationships.
- Having persistent thoughts and memories that they can't get out of their head.
- Hearing voices or believing things that are not true.
- Thinking of harming themselves or others.
- Inability to perform daily tasks like brushing their teeth or getting to school.

The list above includes a number of non-specific signs that are difficult to distinguish from the normal ups and downs of a young person's life. These often come to people's attention when they represent a change in behaviour. It is important to find out what is behind these feelings or behaviours, irrespective of whether they are new or more long term. Intervening early to improve self-esteem, resilience, emotional literacy and coping strategies and building in support for students can help meet emotional wellbeing needs and prevent mental health problems in many cases.

- The most common diagnosed mental health problems in children and young people are:
- Depression, it affects more children and young people today than in the last few decades. Teenagers are more likely to experience depression than young children, however increasing numbers of children are reporting low mood.
- Self-Harm, some people find self-harm helps them to cope with emotional pain by experiencing physical pain, which releases

Overview (cont)

endorphins giving temporary relief, often followed by guilt and shame. Most young people will try to hide the harm they have done to themselves (e.g. cuts, burns and scratching). Even though someone may self-harm this does not necessarily mean they want to take their own life, but it does increase the risk of accidental fatal injury and can lead to suicide in a minority of cases.

- Anxiety, everyone has some level of anxiety however it's when this anxiety interferes with someone's life that it becomes a problem. Anxiety can take many forms such as panic attacks, becoming withdrawn, avoiding situations and being easily irritated.
- Eating disorders, usually start in the teenage years and are more common in girls than boys. The number of young people who develop an eating disorder is small, but eating disorders such as anorexia nervosa and bulimia nervosa can have serious consequences for their physical health and development.
- ADHD Attention Deficit Hyperactivity Disorder affecting concentration and behaviour.

These are just a few of the many mental health illnesses people can have. Some symptoms can be triggered by hormonal changes in adolescence, but may also be an indication of psychological distress.

Key Facts

- 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class
- Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm
- 72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society
- 70% of children and young people who have a mental health problem have not had appropriate interventions at a sufficiently early age.
- 12% of Sheffield secondary pupils say they feel very sad or depressed most days

Best Practice

The Healthy Minds Framework is being rolled out across Sheffield schools to embed an emotionally healthy culture through identification of Healthy Minds Champions, workforce development and consultation with CAMHS, to support students' emotional wellbeing and mental health needs.

Mental Health

Resources

<https://epicfriends.co.uk/> This is a website created by CAMHS for young people wanting to know more about mental health.

<https://www.family-action.org.uk/tamhstoolkit/> information about mental health disorders resources for school staff and referral pathways.

<http://www.youngminds.org.uk/> This website has resources for young people, professionals and parents.

Sheffield Children and Young People Suicide prevention Pathway provides information, referral thresholds and resources for families and professionals.

Local Offers and Providers

Provider	What they offer	Cost	Contact details
Chilypep	Nationally Accredited Peer Mentoring and whole school awareness raising around mental health & emotional wellbeing. Training for groups of young people to mentor friends and peers around emotional wellbeing issues. Deliver awareness raising and resilience building to students and school staff.	A cost negotiable depended on level of work required. Includes ASDAN accreditation	training@chilypep.org.uk 0114 234 8846
Chilypep	STAMP (Support, Think, Act, Motivate, Participate) is a group for young people aged 14-25 who want to help improve mental health support and services for young people. The group also campaign to 'STAMP Out' stigma and raise awareness about mental health. STAMP meet every Monday 5-7pm in a City Centre location.	Free	Sian.beynon@chilypep.org.uk 0114 234 8846
Chilypep	Chilypep provide a range of youth mental health training courses for those working with young people, including: Youth Mental Health First Aid (YMHFA) Training - 2-day course YMHFA for schools and colleges - 1-day course YMHFA Lite – 3-hour course ASIST (Applied Suicide Intervention Skills Training) – 2-day suicide prevention training We are also able to offer bespoke courses designed to meet your individual needs.	Prices vary – please contact to discuss options	training@chilypep.org.uk 0114 234 8846

Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
Chilypep	Girls self-esteem course – Group work for girls to develop self-esteem, awareness and understanding around issues that affect girls and young women. 12 girls per programme.	£3500 per programme (includes ASDAN accreditation)	training@chilypep.org.uk 0114 234 8846
	BRUV Programme 10 week boys group programme. Boys participating will develop improved emotional literacy and a positive sense of self which is not governed by their life experiences, be more able to identify inappropriate and harmful behaviours for themselves and others, and be able to develop self-help and help seeking strategies to protect themselves and others from further harm and improve education and social outcomes.		
	Healthy relationship and awareness raising workshops for mixed and single sex groups. A limited number of free workshops available in 2017/18 through our Empowerment and recovery Lottery funded programme.	Free £250 once free workshops delivered	Ellie.Munday@chilypep.org.uk 0114 234 8846
Chilypep	ASIST – Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize to attend the workshop—anyone 16 or older can learn and use the ASIST model when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide. All school staff including pastoral, teaching and support staff. To be nominated by school.	£3000 per programme (includes certification) 16 participants per course.	training@chilypep.org.uk 0114 234 8846

Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
Family Action	<p>ADHD Support Group – An ADHD service based on a model developed by Family Action which supports the families of children and young people diagnosed with ADHD through improving knowledge and awareness of the disorder, providing strategies for managing the symptoms associated with ADHD and in promoting the individuality and potential for those affected.</p> <p>Support is provided through post-diagnosis home visits and group work via our Managing ADHD Groups. We work closely with diagnosing agencies to ensure that families are given the most accurate and up-to-date support and advice.</p>	Free	<p>Sheffield.Tamhs@family-action.org.uk</p> <p>0114 321 1702</p>
Attachment Training	Whole school or groups, assessment of child's emotional needs, consultation and therapeutic work.	Cost dependent on the needs/ package	<p>hopeattach@gmail.com</p> <p>07808 200 162</p>
Interchange	<p>Counselling and Psychotherapy, Therapeutic group work, Training, Counselling and Consultancy/Supervision for staff</p> <p>Issue based workshops and tasters for young people or staff</p> <p>Developing online counselling and webinar service from April 2018.</p>	No charge to service users. Referrers can fund counselling - prices available on request	<p>interchangeproject@ymail.com</p> <p>info@interchangesheffield.org.uk</p> <p>0114 201 6672</p>
Door 43 (Youth Information Advice and Counselling Service)	Direct access to a range of emotional wellbeing and practical support for young people age 13-25 with a counselling offer and wellbeing café with activities and support open 5-7pm on Tuesdays	Free	<p>(0114) 201 2774</p> <p>Door43@sheffieldfutures.org.uk</p> <p>43 Division Street open Monday – Friday 9am - 5pm and Saturday 9.30am - 12.30pm</p>

Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
Early Help	For 7-19 year olds. CBT informed therapeutic approach to supporting low mood and anxiety in young people, delivered by trained MAST Senior Learning Mentors. Referral pathway to CAMHS (Child and Adolescent Mental Health Service) for assessment, diagnosis and treatment of mental health disorders up to the age of 18.	Free	Request support on Early help Assessment part 1 Form www.sheffield.gov.uk/earlyhelp or for further advice call 0114 203 7485
Samaritans	DEAL – (Developing Emotional Awareness and Listening) is a free resource for teachers and other educational professionals designed to help develop resilience in young people. Lesson plans, activities, hand-outs, audio-visual resources, teachers’ notes and staff training materials can all be accessed and downloaded at any time from Samaritans website.	Free	272 Queens Road, Sheffield S2 4DL 0114 276 7277 www.samaritans.org/deal
SToRMS	Suicide awareness and prevention	Free	enquiries@stormsdmc.org
Kooth	Online counselling support for 11-18 year olds in Sheffield.	Free	Register online: www.kooth.com

Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
YWHP Sexual Abuse Support Service (Young Women's Housing Project)	<p>We can offer support where trauma or abuse might be a factor. Group work or 121 sessions for girls to develop self-esteem, wellbeing-awareness and developing positive ways of coping.</p> <ul style="list-style-type: none"> Protective Behaviours & Resilience. Creative Movement Wellbeing sessions. 	<p>FREE</p> <p>Donation welcome</p>	<p>0114 268 0580</p> <p>ywhp@ywhp.org.uk</p>
Golddigger Trust	<p>Group work Programmes include the 'I'm The Girl I Want to Be', 'Made Of More' and self-harm recovery courses. Individual and small group bespoke mentoring programmes, CSE awareness sessions amongst other programmes.</p>	<p>Some funded places (current waiting list)</p> <p>Schools may fund</p>	<p>info@golddiggertrust.co.uk</p> <p>0114 327 1191</p>
Golddigger Trust	<p>Golddigger Trust is a Sheffield based Charity, offering a variety of wellbeing projects, both within the school environment, and extra-curricular activities within the community, for young people aged 11-19.</p> <p>Services include:</p> <p>1:1 Mentoring – Bespoke, flexible programmes of mentoring for students addressing specific needs identified. Minimum 6 sessions (usual course approx. 8-14 sessions).</p> <p>Students accessing Golddigger Trust services via school can also access additional free services outside of school hours, including drop in youth clubs, sexual health clinic, sports and music sessions and online support.</p>	<p>Cost varies based on service and available charitable funding, contact for most up to date costings.</p> <p>Community based services are free, accessed by community referral (MAST, CAMHS, Self-referral etc). There is no charge to young people.</p>	<p>0114 327 1191</p> <p>Golddigger Trust Centre For Young People, 10 Psalter Lane, Sheffield, S11 8YN</p> <p>info@golddiggertrust.co.uk</p> <p>www.golddiggertrust.co.uk</p>