

Whole School Approach to Mental Health



A newsletter for Our Lady's Catholic College

January 2021

Lancashire Mind have been working with **Our Lady's Catholic College** to embed their exciting new way of looking after the mental health of everyone involved in school life. We call it our Whole School Approach to Mental Health.

The project is designed to enhance the mental health and wellbeing of your entire school community through interventions and support planned with you in mind.

The Lancashire Mind Team

The project so far... Pupils

The Whole School Approach began in your school last year, when Lancashire Mind delivered assemblies on topics like Self Esteem and Confidence, and trained up some **Wellbeing Ambassadors!** (Speak to your Wellbeing Ambassadors, or Miss. Mullin for more information).

This year, we have put lots of resources online for you to access. Your school will send you links to our new Whole School Approach webpage which is full of resources for you to use at home or in school, such as our assembly videos and workshops!

Staff

Last year staff took part in a CPD workshop on how to have a conversation about mental health. We will be recording this for our website, as well as adding more resources for staff to access throughout the year.

Parents

Parents at Our Lady's had access to our **Together Workshops** designed to support families. Our next workshop is on Thursday 20th January, 6pm-8pm. [Find out more and sign up here to take part in our free zoom workshop!](#)



If you would like to get involved or find out more, please get in touch

WSA Contact: jessicaparr@lancashiremind.org.uk

Our survey...

So far this school year you took part in a survey, which has helped us to decide alongside you school what we can do to support your mental health.

We asked...

- What school and Lancashire Mind could do to support your mental health and wellbeing this year
- How you found the lockdown in Summer 2020, and what support you might have accessed

Some key themes that came up were...

Pupils

School pressure and homework

Space to talk/be listened to

Education on mental health/
awareness

More clubs/sports and space
for wellbeing

Helpful resources

Covid-19 changes



Pupils talked about very varied experiences of lockdown, with some having had a really tough time being at home, and some grateful for family and relaxation time. Some people accessed support, including counsellors, family, friends and their teachers.

Support and resources for lockdown

With another lockdown underway you may be in need of a boost to your wellbeing. There are lots of great resources online that provide a really good opportunity to take some time for you.



Chorley based artist and author Emily Coxhead has created some free, downloadable resources that can be used at home or in school. You might want to complete them yourself, or do them with a younger sibling

<https://thehappynewspaper.com/product-category/education/>

A helpful video from BBC's Dr Radha on the 5 C's you can use to look after your wellbeing during lockdown: Control, Care, Continuity, Creativity and Compassion

<https://www.bbc.co.uk/news/av/newsbeat-52411394>



Coronavirus: Dr Radha's five mental health tips for lockdown

It's totally okay to talk.

CALL OUR FREE HELPLINE.
MON-FRI 10AM TO 6PM
TEL: 01254 695847.

YOUTH ACTION 

The Mental Health Family Hour is a YouTube series with videos covering topics such as: Understanding Anxiety, Returning to School and Resilience.

For more information, take a look at the following website <https://www.lscft.nhs.uk/mental-health-family-hour>

THE MENTAL HEALTH
FAMILY HOUR

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In other news

4 Things to keep in mind for 2021....

1.

Reaching out for help can make a positive difference

2.

It can be normal to experience a setback during your recovery

3.

You might struggle with your mental health but Childline is always there

4.

It's OK to take each day, week or month one step at a time



Childline offer some great ideas on how to approach your mental health in the new year. Take a look at their website and social media for more support

<https://www.childline.org.uk/>



Check out our January campaign at Lancashire Mind, designed to support your wellbeing!

<https://www.lancashiremind.org.uk/posts/241-janyouary>

EPSL Educational Printing have put together some free schools resources in collaboration with Lancashire Mind

<https://www.eprint.co.uk/free-educational-resources/secondary>



Links to helpful information & resources

General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.kooth.com/>

<https://wellbeingpassport.org.uk/>

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

Local area	9am-5pm	5pm-9am
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356