

Find out more . . . Use the resources below to find out more about mental health and wellbeing:

Mind have a whole range of information and support information for children and parents on their website: <https://www.mind.org.uk/information-support/a-z-mental-health/>

Young Minds provide useful information for young people and their parents about mental health, seeking treatment and the mental health system: <https://youngminds.org.uk/shop/publications/c-23/c-70>

Headspace has some useful audio and video clips about different conditions and people's experiences, as well as some mindfulness resources.

KOOTH An online mental wellbeing community. Access 365 days a year to counsellors who are available 12 noon – 10pm on Monday-Friday, and from 6pm –10pm at weekends. Access via mobile, laptop or tablet. Contact: www.kooth.com and click the 'join Kooth' button.

MiLife miLife is a project commissioned by young people for young people, exploring how everyone can experience better emotional wellbeing and mental health. Check out their website at <https://www.milife.org.uk>

The Mix The Mix is the here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services : A free and confidential helpline – 0808 808 4994. Available 365 days via phone, email or webchat. The Mix website – offering essential support and advice on everything from sex and relationships to mental health and well being

Designated Safeguarding Leads

Mrs Fiona May: Principal
fiona.may@therowansap.co.uk

Mrs Katie Martin: Vice Principal
katie.Martin@therowansap.co.uk

Miss Gwen Webb: SENCO
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Deputy Designated Safeguarding Leads

Miss Rebecca Jones: Welfare and Attendance Lead
rebecca.jones@therowansap.co.uk

Mrs Jo Skinner: Inclusions, Interventions & Mental Health Lead
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Mrs Tracey Bowley: Lead Teacher Primary SEN
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Mr Ian May: 2nd In Charge Primary SEN
ian.may@therowansap.co.uk

Miss Paige Gough: Primary family support and administration officer
paige.gough@therowansap.co.uk

Trustee for Safeguarding

Mrs Karen Price
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The school's safeguarding and child protection policy is available on our website:
<https://www.therowans-that.org.uk/policies>



The Rowans AP Academy

Mental Health Support for Pupils



Please take a leaflet and seek support from us

Silverbank, Churchill Avenue
Chatham, Kent ME5 0LB
01634 33 8803

Email – office@therowansap.co.uk

www.therowans-that.org.uk

 The Rowans AP Academy



Be aware

Take a different route to school

Pick a time each day to breathe deeply and be aware of your surroundings

Listen to music

Turn off all your social media for 30 minutes a day

Visit a place where you can be still for a few moments

Also, don't forget to:

Eat a balanced diet

Eating regular meals and ensuring you don't skip breakfast is just as important for your mental health as it is for our physical health. Ensure you eat 5 fruit and veg a day, avoid foods which are high in sugar and drink plenty of water or other non-sugary drinks.

Get plenty of sleep

Start preparing for bedtime at least an hour beforehand. Try and establish a regular bedtime routine such as having a relaxing bath or shower beforehand and ensuring your room is dark and not too hot or cold. Avoid any screen (TV, laptop, computer, phone) usage for an hour before bedtime as the light from the screen can keep your brain alert and not ready for sleep.

Speak to someone you trust

One of the most important things you can do is to speak to someone rather than 'bottling up' your feelings inside yourself. Choose a close friend, family member or a school staff member to share your worries with

Ask for help

If you continue to struggle, and especially if you have any thoughts about hurting yourself, speak to a member of school staff or ask your parent/carer to book a GP appointment for you. If you don't feel comfortable talking to someone directly, you can call the **Samaritans** on 116 123 or **Childline** on 0800 1111. Remember there shouldn't be any shame in asking for help, in fact it's a sign of courage.

Some things that might protect and improve our mental health are:

- having a close friend you trust, or a supportive friendship group;
- having a teacher or other staff member at school you can go to if you need help;
- enjoying time at home with your family;
- having hobbies or interests you enjoy taking part in;
- eating a healthy diet and getting plenty of sleep.

It is important to remember that, just as our mental health can suffer during difficult times in our life, it can also recover.

Top Tips for how to look after your mental health Day to day . . .

Connect

Make time each day to spend with your family

Visit a friend or family member who needs support or company

Speak to someone new today

Arrange a day out with friends you haven't seen for a while

Call your friend instead of messaging

Go to a party or social event instead of staying at home

Be active

Try to use the stairs and not the lift

Walk or cycle to school

Offer to take a neighbour's dog for a walk

Run round the park or use the outdoor gym

Use an app to count your daily steps

Give to others

Ask your friend how they really are, then really listen to the answer

Say thank you with a smile

Offer to lend a hand if you see someone struggling

Arrange a treat for you and a friend or family member

Phone a relative as a surprise

What is mental health?

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage the full range of emotions. These can range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.



Mental health spectrum

Mental health and mental illness are part of a 'spectrum' just as physical health and illness are. Examples of things that might harm our mental health are:

- having friendship difficulties such as lots of arguments;
- feeling under pressure at school, such as during exams;
- feeling worried about the health of a family member;
- being bullied – in person or online.