

**Deans Community High School**

# **MENTAL HEALTH HANDBOOK**



**A DCHS GUIDE TO SUPPORT  
AND INFORMATION ON  
MENTAL HEALTH**

School can be a very difficult time for various reasons and it is important that we get help if we are struggling with mental health or know if someone else is struggling with their mental health.

We hope that this booklet can help support you and guide you towards supporting others that need help.

You will find a list of websites and phone numbers that you can contact but please also remember that you can contact the school on

**01506 282155**

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# **Anxiety**

**Symptoms that may indicate someone is dealing with Anxiety:**

- **Recurring fears and worries about routine parts of everyday life**
- **Irritability**
- **Trouble concentrating**
- **Extreme self-consciousness or sensitivity to criticism**
- **Withdrawal from social activity**
- **Avoidance of difficult or new situations**
- **Chronic complaints about stomach pains or headaches**
- **Reluctance to attend school**
- **Sleep problems**

# **Anxiety**

**Where to get support and help for someone dealing with Anxiety:**

## **Helpful Websites**

***<https://www.youngminds.org.uk>***

***<https://www.thecalmzone.net/issues/anxiety>***

***<https://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias>***

***<https://www.anxietyuk.org.uk>***

## **Apps**

### **Self Help for Anxiety Management (SAM)**

**SAM is a friendly app that offers a range of self-help methods for people who struggle with Anxiety.**



**Free to download for Apple and Android phones.**

## **Healthy Relationships**

**Friends are a really important part of life and can help support you through a lot! But sometimes, we can fall out with our friends or find that we no longer feel comfortable in our friendship group.**

**There are lots of different reasons that we may struggle with a friendship, for example:**

- your friend makes new friends that you do not feel comfortable around**
- you might be left out of the friendship group**
- your friend might not understand how you are feeling or what you are going through (this can make it difficult to chat to your friends, or make it feel like they aren't taking your feelings seriously)**
- you are making the effort to see your friend and stay in touch but they aren't making the effort back**

# **Healthy Relationships**

## **Support**

**Falling out with friends can be really scary and make coming into school a very stressful time – so it is important to make sure we know where to get support if we need it!**

**Remember, you can speak to a teacher, member of PSA or your HoH at school if you feel you need support. You can also post a slip in the YourSpace box to apply for a session with one of our amazing school counsellors.**



**You can also access support on healthy relationships via the following websites:**

***<https://www.youngminds.org.uk/young-person/coping-with-life/friends>***

***<https://www.themix.org.uk/sex-and-relationships/friendship>***

# **Depression**

**Symptoms that may indicate a young person is dealing with Depression:**

- **sadness, or a low mood that does not go away**
- **being irritable or grumpy all the time**
- **not being interested in things they used to enjoy**
- **feeling tired and exhausted a lot of the time**
- **have trouble sleeping or sleep more than usual**
- **not be able to concentrate**
- **interact less with friends and family**
- **be indecisive**
- **not have much confidence**
- **eat less than usual or overeat**
- **have big changes in weight**
- **seem unable to relax**
- **feel empty or unable to feel emotions**
- **signs of self-harm or talking about self-harm**



**Where to get support and help for someone dealing with Depression:**

## **Helpful Websites**

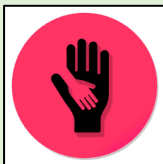
***<https://www.youngminds.org.uk/young-person/mental-health-conditions/depression>***

***<https://www.themix.org.uk/mental-health/depression-mental-health>***

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

## **Apps**

### **What's Up?**



**An App used to help combat Depression with easy to follow steps and methods of support.**

**Free to download for Apple and Android phones.**

## **My Possible Self**

**This App enables you to track your mood every day and provides information on steps that you can follow to look after your mental health. *My Possible Self* is also an App that comes recommended by the NHS.**



Free to download for Apple and Android phones.

## **CBT Thought Diary**



**This App allows you to keep track of your thoughts and feelings and help you understand how you can change these. It also enables you to keep track of your positive experiences so that you can refer back to them at any time!**

Free to download for Apple and Android phones.

## **Suicide & Self-Harm**

**If you are feeling suicidal right now, there are people who can help you. Please call one of the helplines below for support:**

**SAMARITANS (open 24/7): call 11623**

**CHILDLINE (open 24/7): call 0800 11 11**

**If you are in immediate risk or harm call 999 straight away.**

### **Warning signs of suicidal feelings:**

- always talking or thinking about death
- deep depression and sadness
- losing interest in daily life
- having trouble sleeping and eating
- feeling helpless or worthless
- self-harming
- feeling angry and that things can't change

## Tips for someone feeling suicidal:

- **Speak to your GP**
- **Make a safety plan** (a guide on how to do this can be found on the Childline website)
- **Take the first step and talk to someone you can trust.** If you don't feel like you can speak to anyone you know, there are confidential helplines and safe online forums where you can get support from trained people who care and want you to feel better.
- **Try to find a breathing technique that can help you feel grounded next time you feel suicidal.** Take a look online to find a technique that works for you.
- **Focus on your senses.** Try to concentrate on what you can see, smell, hear, feel and taste. Say these things out loud. This can help distract you if the thoughts are difficult to cope with.

## Helpful Websites

***<https://www.childline.org.uk/info-advice/your-feelings/mental-health/coping-suicidal-feelings/>***

***<https://www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings/>***

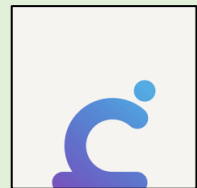
***<https://www.themix.org.uk/mental-health/suicide>***

***<https://www.mind.org.uk/information-support/helping-someone-else/supporting-someone-who-feels-suicidal/about-suicidal-feelings/>***

***<https://harmless.org.uk/>***

## Apps

**Calm Harm is an App that provides simple tasks that can help you to resist the urge to self-harm. You can even add your own tasks it can be password protected.**



**Free to download for Apple and Android phones.**

# **Eating Disorders**

Eating disorders can affect both males and females and studies have estimated that 1 in 50 people in the UK are living with an eating disorder.

The most common eating disorders in the UK are:

1. **Anorexia Nervosa** – trying to control your weight by not eating enough food
2. **Bulimia** – losing control over how much you eat and then taking drastic action to lose weight
3. **Binge Eating Disorder** – eating large portions of food until you feel unwell
4. **OSFED** (otherwise specified feeding or eating disorder)

**Signs to look out for if you think you/someone you know has an eating disorder:**

- **Spending a lot of time worrying about appearance**
- **Eating very little food**
- **Making yourself sick or taking laxatives after you eat**
- **Exercising too much**
- **Having very strict habits or routines around food**
- **Changes in your mood such as being withdrawn, anxious or depressed**
- **Feeling cold, tired, dizzy or faint**
- **Not getting your period or other delayed signs of puberty**

**If you are worried that you/someone you know may have an eating disorder, you can talk in confidence to an adviser from eating disorders charity Beat by calling their youth helpline on **0808 801 0711**.**

## **Helpful Websites**

***<https://www.beateatingdisorders.org.uk/>***

***<https://www.youngminds.org.uk/young-person/mental-health-conditions/anorexia/>***

***<https://www.youngminds.org.uk/young-person/mental-health-conditions/bulimia/>***

***<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/>***

## **Apps**

**RR Eating Disorder Management is an app that can help your manage your journey to recovery from an eating disorder. It is also a great source of support for those who have body confidence issues.**



**Free to download for Apple and Android phones.**



# **Stress Management**

**School can be a really stressful time for a variety of reasons such as friendship issues, exam stress, sexuality/gender worries, bullying or sometimes life can just be really frantic and tough. When life gets stressful, it is important that we get help and support to ensure our mental health doesn't suffer.**

**Sometimes we can use self-help techniques to relax and calm us down. These can be a simple way of staying on top of your feelings, for example:**

- **Try out mindfulness/meditation**
- **Take part in physical activity**
- **Write down your thoughts**
- **Maintain a good sleep routine**
- **Keep a diary of your thoughts**
- **Take up a hobby**
- **Talk to your friends or family**

## **Other Support Available**

**If you find that self-help techniques aren't working for you, it is important to seek support elsewhere.**

**Remember, you can speak to a teacher, member of PSA or your HoH at school or you can post a slip in the YourSpace box to apply for a session with one of the amazing school counsellors.**



## **Helpful Websites**

***<https://www.childrenssociety.org.uk/information/young-people/well-being/resources/stress>***

***<https://www.themix.org.uk/work-and-study/study-and-exam-tips/exam-stress-1241.html>***

***<https://raisingchildren.net.au/pre-teens/mental-health-physical-health/stress-anxiety-depression/stress-in-teens>***

## Apps

### **Mindshift CBT**

**Mindshift CBT uses scientifically proven strategies based on Cognitive Behaviour Therapy (CBT) to help you learn to relax.**



**Free to download for Apple and Android phones.**

### **Headspace**

**Headspace is a great app that can guide you to completing mindfulness sessions whenever you need it.**

**These sessions only take a few minutes out of your day and have been proved to help reduce stress and improve sleep!**



**Free to download for Apple and Android phones.**