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What is mental health?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.

Children's mental health is shaped by many different factors, including:

Biological: Genetics, brain development, physical health, and how well they sleep all play a part.

Psychological: Their self-esteem, how they cope with challenges, and any experiences of trauma or loss can affect how they feel and behave.

Family & social: Parenting style, family conflict, friendships, and bullying all have a big influence.

Environmental: School stress, money problems, discrimination, social media, and how easy it is to get help also make a difference.

Strong relationships, feeling safe, having healthy routines, and getting help early can really support children's mental wellbeing.



DID YOU KNOW?



Research in 2023 found that 1 in 5 children and young people aged 8-25 had a probable mental health disorder. That's around 6 children in every class!

Source: NHS

Signs of poor mental health



Signs of poor mental health in children and young people will vary, but here are some common signs to look out for.

Emotional: Often sad, anxious, or irritable. Mood swings or low self-esteem. Feeling hopeless or guilty.

Behavioural: Withdrawing from friends or family. Losing interest in usual activities. Behaviour changes, aggression, or self-harm.

Physical: Trouble sleeping or eating. Frequent headaches, stomach aches, or tiredness.

School & social: Drop in performance in school or avoiding school. Difficulty concentrating or making friends.

Mental Health Support services

There are a number of services and charities that can offer advice and support. Click on the logos to head straight to their websites!



YOUNGMiNDS



BARNARDO'S

Changing childhoods.
Changing lives.

NHS



5 WAYS TO
WELLBEING

tellmi

ChatHealth
Text a public health nurse
(school nurse) for confidential
advice and support
07520 615 382
or start a chat at:
chathealth.nhs.uk



KEY DATES

Time to Talk Day - 6th February
Children's Mental Health Week -
9th - 15th February
National Apprenticeship Week - 9-15th Feb
Safer Internet Day - 10th February
Eating Disorders Awareness Week - 24th
February to 2nd March

Beat has lots of resources
help you learn more about
eating disorders and how to
seek help. Find out more [here](#)



LET'S GET SOCIAL!



Source: Place2Be

Find out more [here](#)



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people



South Leicestershire Community Board

Winter Support

Find Winter support information for your area here



Chill, Chat and connect

Are you a parent or carer of a young person aged 0-19?

Come along to our family wellbeing advice and drop in session

A safe space to chat

A time for family wellbeing workers to look at any services that may be helpful to you and your family. Children welcome.

Wigston Magna Children and family wellbeing centre
Long Street, Wigston, LE18 2AH
1PM-2:30PM



Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

Ask your pharmacy for more information about this free* NHS service

Visit your **Pharmacy First!**

*NHS prescription charge rules apply where a medicine is supplied

- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)



Speakout Wellbeing resources



Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

Speak to your pharmacist if you suspect you have **Earache** (Children aged 1 to 17 years)

Visit your **Pharmacy First!**