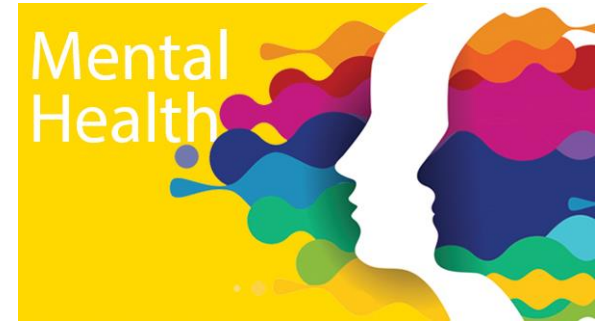


Mental Health week  
February 1st to February 7<sup>th</sup>  
2021

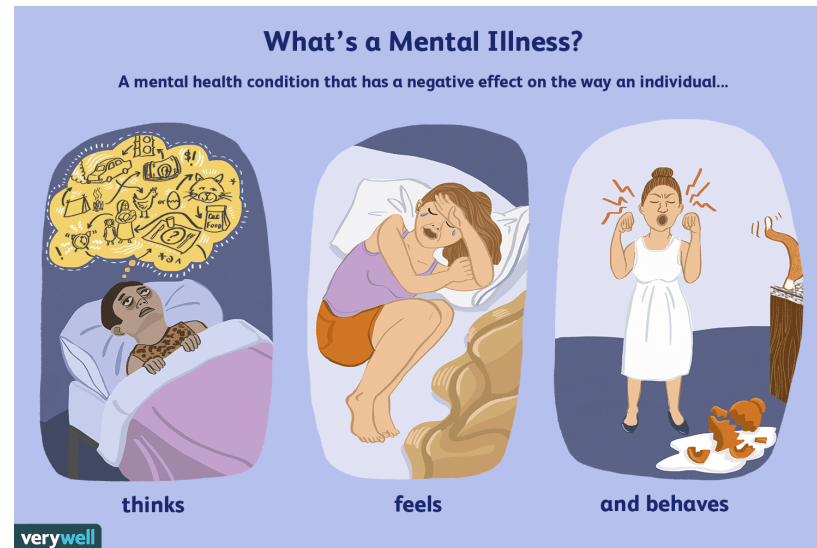


- Before we start:
- If you have any personal mental health issues that you would like to discuss in private please contact.
- [L.Worthington@smithdown.liverpool.sch.uk](mailto:L.Worthington@smithdown.liverpool.sch.uk)
- [J.Ireland@smithdown.liverpool.sch.uk](mailto:J.Ireland@smithdown.liverpool.sch.uk) or
- [N.garvey@smithdown.liverpool.sch.uk](mailto:N.garvey@smithdown.liverpool.sch.uk) and we will ring you back.
  
- If you would like to share any personal stories or information please be aware that this will be in front of other parents/carers
- Please respect other peoples views and opinions.

# Session Aims



- To raise awareness of mental health
- To explore the impact of stress on mental health and how this impact on our thoughts, feelings and behaviors.



Who has Mental Health?

**EVERYONE!**

- Mental Health is all about how we think and feel about ourselves, others, and the world around us
- WE ALL HAVE IT !



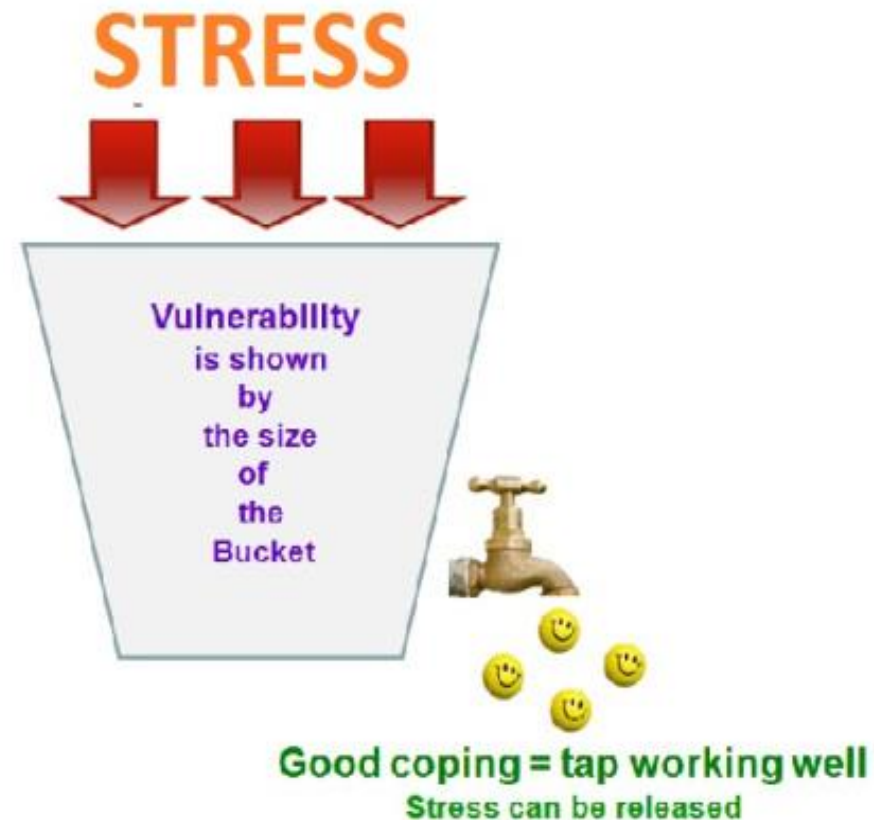
# What do you think about Mental Health?

- Stigma around mental health can mean individuals feel devalued, disgraced or ashamed to seek help.
- **Cultural Perspectives on Mental Illness**
- Attitudes toward mental illness vary among individuals, families, ethnicities, cultures, and countries. Cultural and religious teachings often influence beliefs about the origins and nature of mental illness, and shape attitudes towards the mentally ill
- This can affect patients' readiness and willingness to seek and adhere to treatment.
- Understanding individual and cultural beliefs about mental illness is essential for the implementation of effective approaches to mental health care. Although each individual's experience with mental illness is unique.
- If you are struggling with everyday life and it's becoming a problem your GP can help.
- If you don't want to go to your GP there are many free websites available to help.  
<https://www.nhs.uk/oneyou/every-mind-matters/>

## Do you know your stresses?

- Parents can you give examples of anything you do at home to reduce your stress or the stress of someone that you live with?

Everyone has a stress capacity!  
We all need to learn how to let some of those stresses  
go!



**Bad coping = tap not working, bucket overflows**

# Do you know ways in which to release some of your stresses (turn the tap on?)

- Talking to friends and family
- Listening to music
- Getting some fresh air
- Colouring a picture
- Having a dance
- Doing some form of exercise
- Meditation
- Gardening (planting a plant)
- If we are looking after our own mental health and feeling well it is easier to look after our children and families.



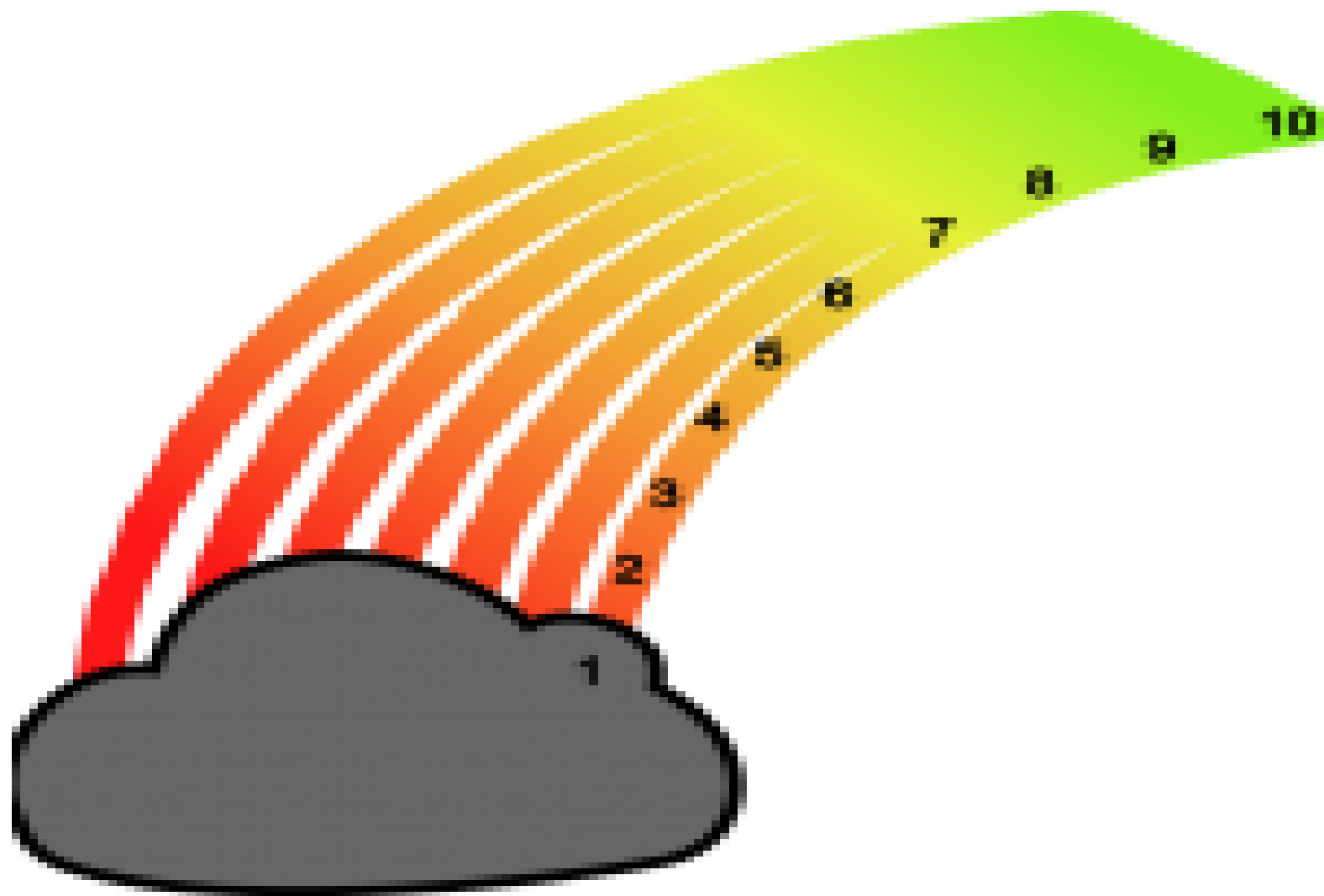
Some people have large stress buckets, others have small ones.

- The key is knowing which strategies you can use to reduce your stresses and this is exactly the same for your children.
- If we as parents don't know how to reduce our own, where are they going to learn their strategies from





- Talk about his features.
- We use this with the children



# Ways Smithdown can help:

- Establish Rules and boundaries
- Routines
- Bed wetting
- Poor housing Conditions
- Furniture
- Applying for Free School Meals and Benefits
- Debt
- Food Hampers
- School applications
- Early Help Assessment Forms
- Child In Need and Child Protection
- **We don't judge and we cannot help if we do not know!**

Click on our website to find out more about what Smithdown does for wellbeing and lots of tips and ideas!

- <https://smithdownprimary.com/about-us/school-of-sanctuary/>