Arthur Terry

Be Proud | Be Kind | Be Ready

Give

Your time, your words, your presence

Give your time - Be in your mate's corner

Learning outcome: To think about how you can help support others around you by giving your time

Resilience

Wellbeing

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK
7 - 13 FEBRUARY 2022

As Children's Mental Health Week is approaching, we need to think about how '**Giving our time**' to others around us can **help to support each other's mental health and wellbeing.**

TO GIVE SOMEBODY YOUR TIME IS THE BIGGEST GIFT YOU CAN GIVE

FRANKA POTENTE

Be in your mate's corner

We all have mental health. Our mental health can go up and down, just like our physical health.

Good wellbeing Poor wellbeing

If your friend or classmate is acting differently, they might be having a hard time, and there are things you can do to show you're there for them.

You don't have to be an expert, just be a friend.

Did you know?

1 in 8 young people will experience a mental health

1 in 10 young people will experience a mental health problem this year

That's around 3 people in every classroom.

And did you know that three out of four of those people fear the reaction of their friends when they talk about it?

That means that one of your mates might appreciate your help.

Too many people are made to feel isolated, ashamed and worthless as a result of the judgement around mental health problems. Being in your mate's corner could make all the difference and it is really not that hard.

Be in your mate's corner – 5 suggestions

What do you think of the ideas? Are there any other ways you can think of to be there for a friend?

What can you do to be there for a friend?

Quotes from Time to Change Young Champions

"Don't give up on your friends. They might decline your help and that can be hard to take, but by keeping on checking in you show you really care"

"Acknowledged I was going through a hard time without trying to fix the problem"

"Ask them what you can do to help out. If they don't have an answer, try suggesting things"

"My friend kept inviting me to things to keep me involved, even though she knew I probably wouldn't go"

What do you think of these suggestions?

In Your Corner

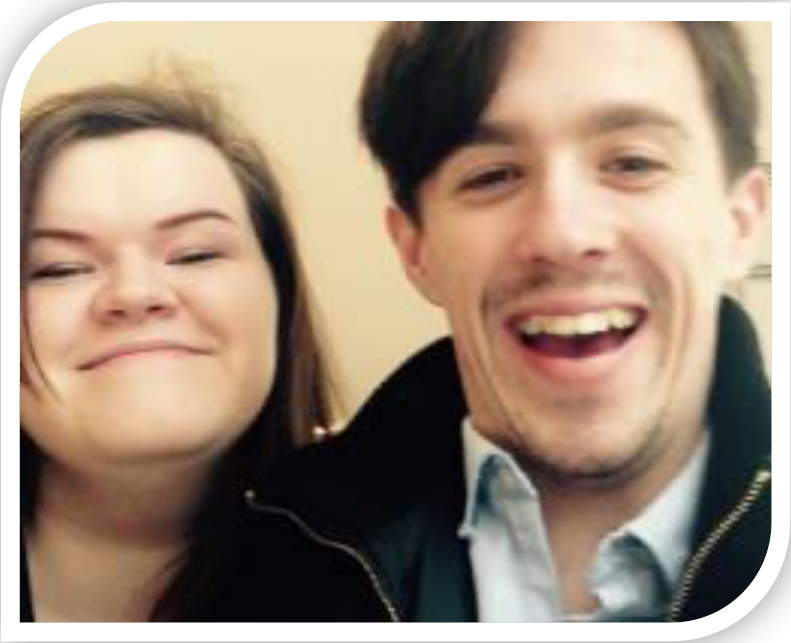
IF YOUR MATE'S STOPPED HANGING OUT,

REACH OUT.

Withdrawing from friends could be a sign of a mental health problem. A good way to help? Send a text, snap or DM.

BE IN YOUR MATE'S CORNER

Example: In Nikki's Corner



"My friends Carys and Matt always tell me I can talk to them anytime I need to. The best thing they do is make me laugh. So, if you're worried about your friend, your friendship is really what they need. It's the little things that remind someone they aren't alone"

Key points to remember

Everyone has mental health, and it can go up and down over time.

If your friend's acting differently, you can:

- Reach out
- Listen, don't judge
- Do something together
- Remember small things make a difference

If you're worried about a friend, you can talk to any member of staff in school.

SCHOOL CHARITY FUNDRAISER

Next week we will be raising money as a school for the charity **Childline**
https://www.childline.org.uk/

- Childline is here to help anyone under 19 in the UK with any issue they're going through.
- You can talk about anything. Whether it's something big or small, their trained counsellors are there to support you.
- It is free, confidential and available any time, day or night. You can talk to them:

by calling 0800 1111 by email through 1-2-1 counsellor chat

School charity event:

When: Friday 11th February
What: Wear brightly coloured socks
Donation: 50p on ParentPay

Why?

*The focus of Children's Mental Health Week is **growing together**. The brightly coloured socks represent our individuality and celebrate our differences whilst also being part of a community which 'grows together' and supports each others mental health and wellbeing.*

Where can you go for help?

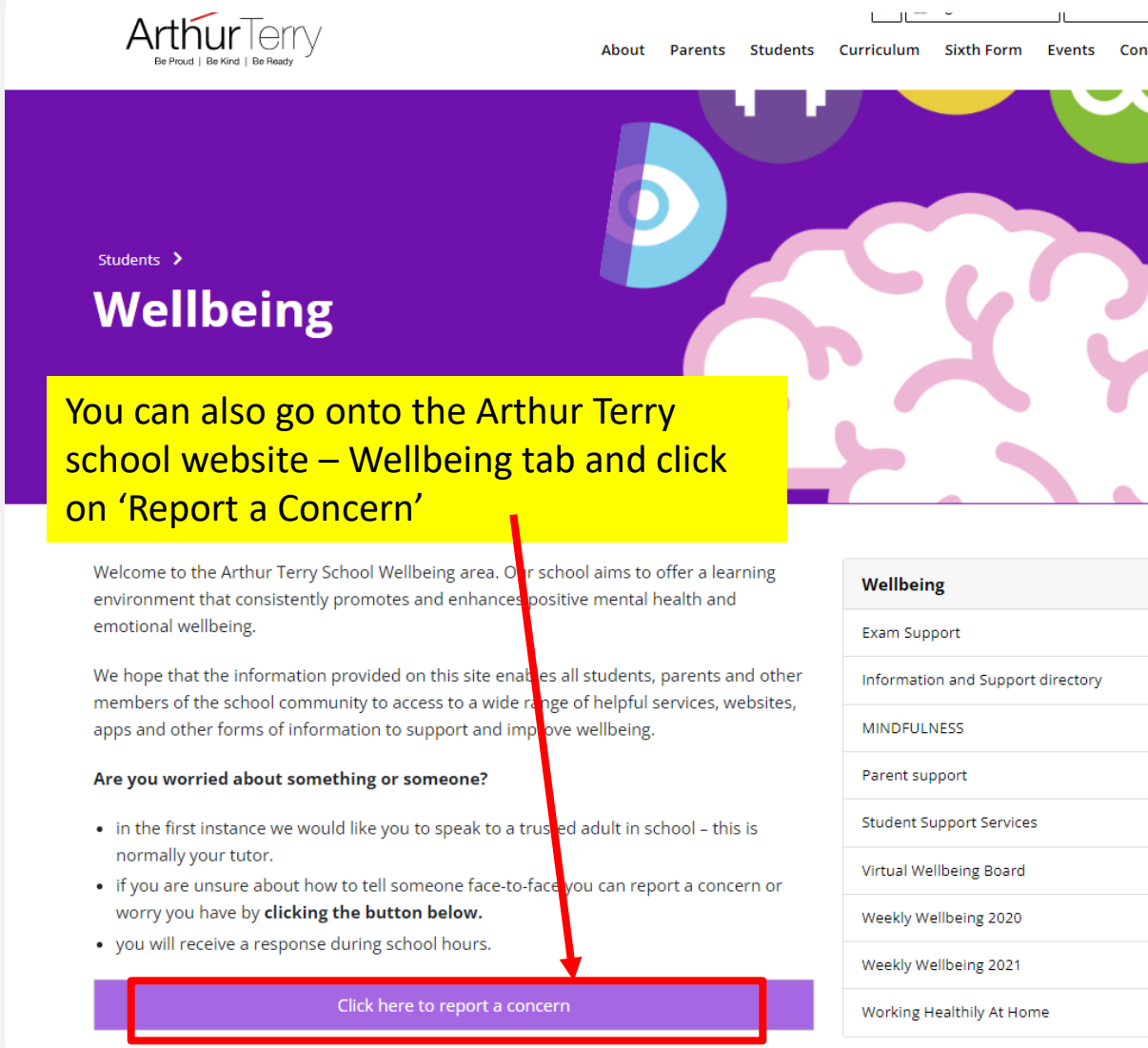
In school: tutor, trusted adult, SSS, Report it button on website.

Outside of school:

Locally, Forward Thinking Birmingham offer support for people aged 0-25years. https://www.forwardthinkingbirmingham.org.uk/ If you need urgent help call 0300 300 0099

Nationally Kooth provide online support and signpost related services for young people. https://www.kooth.com/urgent-support

Nationally, Young Minds is a national charity providing resources and advice for young people. https://youngminds.org.uk/ If you need urgent help text YM to 85258



More support

For mental health support:

- The Mix – 0808 808 4994 / www.themix.org
- Childline - 0800 1111
- HopeLine – 0800 068 4141 / 0786 003 996
- SANE - 0300 304 7000
- SHOUT (crisis text) - 85258
- Local GP

For mental health information:

- Rethink Mental Illness – www.rethink.org
- Mind – www.mind.org.uk
- MindEd - www.minded.org.uk
- YoungMinds – www.youngminds.org.uk or text YM to 85258