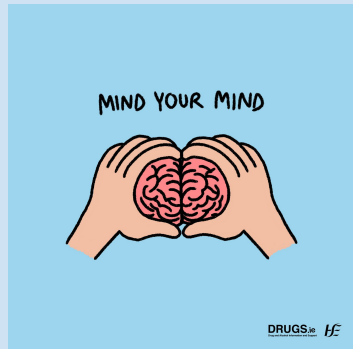


Children's Mental Health at Brookfield Welcome!

Lillie Rosenblatt - Mental Health Lead
l.rosenblatt@brookfield.camden.sch.uk
Thursday, 29.04.2021



Agenda

- 1) What is 'mental health'?
- 2) Brookfield's offer
- 3) What to look out for
- 4) How to help
- 5) Pathways
- 6) Future
- 7) Questions



What is 'mental health'?

'A state of wellbeing in which the individual realises his or her abilities, can cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to his or her community.' (WHO, 2014).

It is not a 'dirty word' - we all have mental health!

Brookfield Offer

- Designated Mental Health Lead
- Youth Mental Health First Aiders
- Positive Behaviour policy
- Mental Health Support Team (MHST)
- CAMHS, PLSS, Robson House
- TOPS
- PSHE

Child Mental Health is a national priority - new policy for both education and healthcare.

What to Look Out for

Low Mood

persistent, at least two weeks

- > Irritability
- > Disinterest in enjoyable activities
- > No drive to go to school or out
- > Often tired
- > Withdrawn and isolated
- > General feeling of unhappiness
- > Sleep problems (including excessive sleeping)
- > Appetite changes
- > Self-critical
- > Feeling of hopelessness or worthlessness

Anxiety

- Poor sleeping and appetite
- Dizziness, feeling faint, panicky
- Clingy
- Seemingly worried and needing reassurance
- Difficulty concentrating
- Hyper-alertness/trouble keeping still
- Seeking perfection and frustrated if not
- Feeling of impending danger or 'doom'
- Unexplained physical symptoms

How to Help

- Recognise the body language/facial expression
- Name the feeling
- Encourage writing/drawing
- Create an open, mentally aware home
- Build in time for mindfulness activities
- Calm and predictable bedtime routine



Pathways

- In-school mentoring
- MHST - school link, referral through school (parent support also offered)
- CAMHS - generally through GP but some made through school (more severe cases)
- First port of call is your child's teacher
- Discussion and next steps with me



Future

- N-Y6 emotions curriculum
- Emotional regulation
- Calming and coping strategies
- Empathy and understanding



Thank You!

Questions?

