

Mental Health

Mental health includes our emotional, psychological and social wellbeing.

Mental health is as important to a young person's safety and wellbeing as their physical health. It can impact on all aspects of their life, including education attainment, relationships and physical wellbeing.

Together we need to recognise the signs that a young person may be struggling. However, it is important to remember that some mental health issues may not have visible signs. Some people may find it more difficult to ask for help.

By being aware of a young person's mood and behaviour, you can recognise patterns that may suggest they may need support. Common warning signs of mental health issues include:

- Sudden mood and behaviour changes
- Self-harming
- Unexplained physical changes, such as weight loss or gain
- Sudden poor academic behaviour or performance
- Sleeping problems
- Changing in social habits, such as withdrawal or avoidance of friends and family

Please scan or click the QR codes for more information

Visiting your GP



Young Minds



0808 802 5544

NHS



or Text **SHOUT** to **85258** at no charge

If you have any concerns please contact the safeguarding team by email: safe@hereward.ac.uk

Safeguarding