

SMC SAFEGUARDING UPDATE



ST MARY'S
COLLEGE

FEBRUARY 2022

MENTAL HEALTH

Approximately 1 in 4 people in the UK will experience a mental health problem each year.

Recognising the signs that somebody may be struggling with their mental health can be hard.

Mental health issues can affect any one of us, at any time, no matter our profession, age, or gender.

- 20% of adolescents may experience a mental health problem in any given year.
- 50% of mental health problems are established by age 14 and 75% by age 24.
- 10% of children and young people (aged 5-16 years) have a clinically diagnosable mental problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

Signs of depression or anxiety

Signs of depression or anxiety can sometimes look like normal behaviour, particularly in teenagers who can keep their feelings to themselves. It's also natural for young people to feel stressed or anxious about things like exams or moving to a new school. But while these experiences can be very difficult, they're different from longer term depression or anxiety, which affect how a young person feels every day. It can help to think about what's normal and if you've noticed signs that they've been behaving differently recently.

Signs of depression can include:

- persistent low-mood or lack of motivation
- not enjoying things they used to like doing
- becoming withdrawn and spending less time with friends and family
- experiencing low self-esteem or feeling like they are 'worthless'
- feeling tearful or upset regularly
- changes in eating or sleeping habits

Signs of anxiety can include:

- becoming socially withdrawn and avoiding spending times with friends or family
- feeling nervous or 'on edge' a lot of the time
- suffering panic attacks
- feeling tearful, upset or angry
- trouble sleeping and changes in eating habits

RESOURCES FOR STUDENTS

You'll get by with a little help...

ChildLine
0800 1111

Young Carers Project
email: TheYoungCarersProject@hullcc.gov.uk

NSPCC
Speak out. Stay safe.
0800 800 5000
help@nspcc.org.uk

PAPYRUS
prevention of young suicide
HOPELineUK 0800 068 41 41

kooth
Your online mental wellbeing community
<https://student.kooth.com/>
Instagram: @kooth_uk
Twitter: @DKkooth

Don't forget your Year Teams are here to listen & help too!

ST MARY'S COLLEGE

NEW POSTERS COMING SOON

Turn to us for support or guidance?

YOUR PERSONAL TUTOR

LEARNING MENTORS

HEAD OF YEAR

ASSISTANT HEAD OF YEAR

THE SAFEGUARDING TEAM

ST MARY'S COLLEGE
Your wellbeing matters!

safeguarding@smchull.org

Self-harm:

Why do teenagers and children self-harm?

The reasons teenagers can self-harm are often complicated and will be different for every young person. Sometimes a teenager may not know the reasons they self-harm.

For many, self-harm can feel like a way to cope with difficult feelings or to release tension. The physical pain of hurting themselves can feel like a distraction from the emotional pain they're struggling with.

Some difficult experiences or emotions can make self-harm more likely, for example:

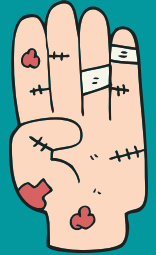
- experiencing depression, anxiety or eating problems
- having low self-esteem or feeling like they're not good enough
- being bullied or feeling alone
- experiencing emotional, physical or sexual abuse, or neglect
- grieving or having problems with family relationships
- feeling angry, numb or like they don't have control over their lives



Signs of self-harm

It can be hard to recognise the signs of self-harm, signs to look out for can include:

- covering up, for example by wearing long sleeves a lot of the time, especially in summer
- unexplained bruises, cuts, burns or bite-marks on their body
- blood stains on clothing, or finding tissues with blood in their room
- becoming withdrawn and spending a lot of time alone in their room
- avoiding friends and family and being at home
- feeling down, low self-esteem or blaming themselves for things
- outbursts of anger, or risky behaviour like drinking or taking drugs



If you have any concerns about a student suffering from mental health issues or self-harm you must log on CPOMS and alert the year team.

Counselling services are available to staff, if you require these please contact HR or let your line manager know.

To understand more about mental health, you can complete the certificate in understanding mental health on National Online Safety. It covers the following;

- 1.Mental Health Theory
- 2.Key Areas of Mental Distress: Anxiety
- 3.Key Areas of Mental Distress: Self Harm
- 4.Prevention
- 5.Staff Self Care



KEY MESSAGES



- **Lanyards must be worn at all times.**
- **Please remember to sign in and out of school with the Inventory system screen.**