Collaborative Working
Mental Health Matters in School

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Mental health treatment has changed since the days of workhouses and asylums

Popular Mode of Curing Insanity!

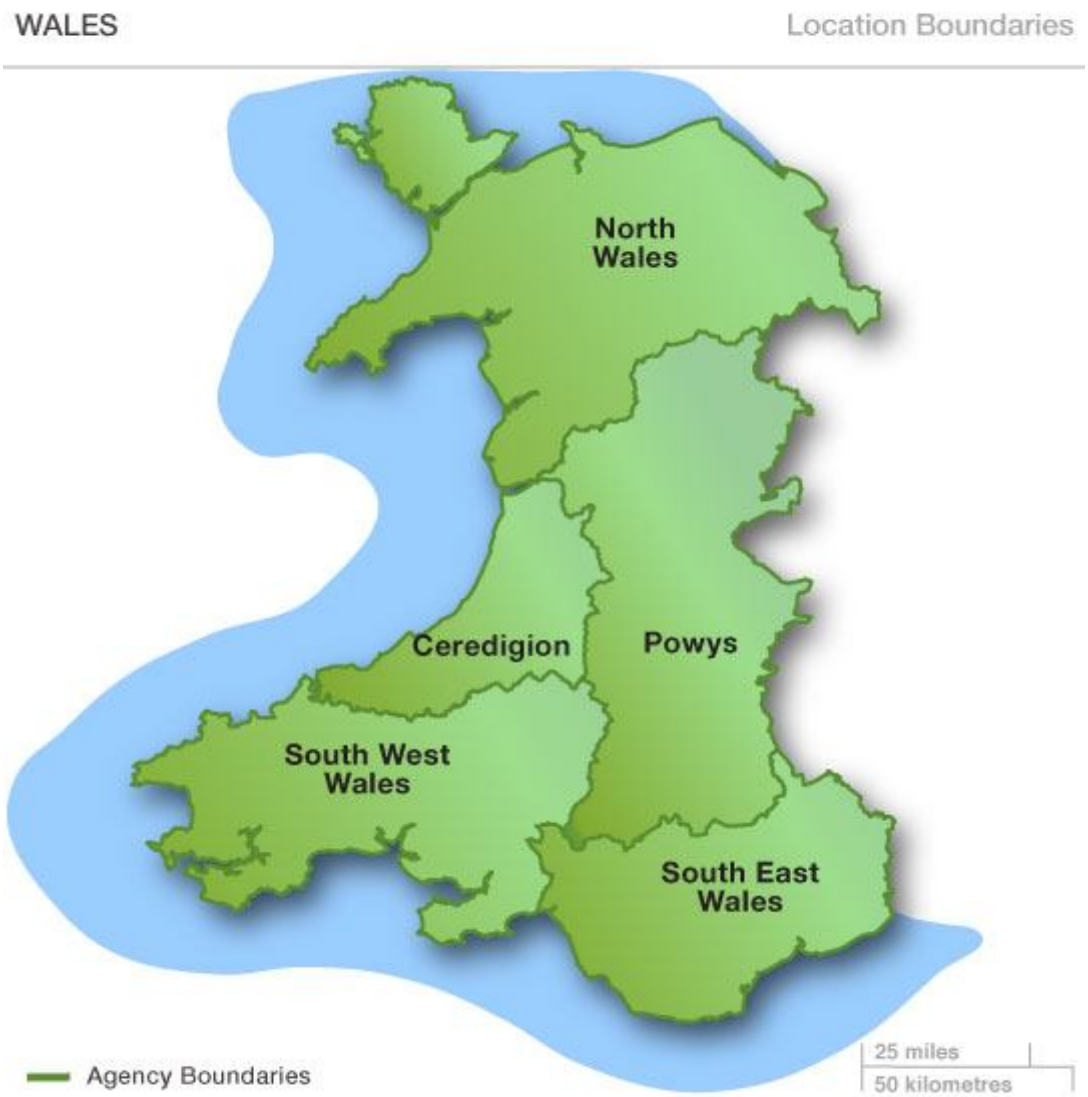
Lizzie Bonner punishing Miss Hodson, on suspicion of taking her key.

As has the role of the School Nurse!

Background

- In September 2009, The Department of Health (DH) and the National Institute for Health and clinical Excellence (NICE) produced public guidance on promoting the social and emotional wellbeing of young people in secondary education. The document highlights that good social, emotional, and psychological help protect young people from emotional, behaviour difficulties crime, unwanted pregnancy's and drug and alcohol abuse. They also highlight that good emotional/mental health has benefits for academic performance.

Ceredigion is a large geographical area!



How common are mental health problems in children?

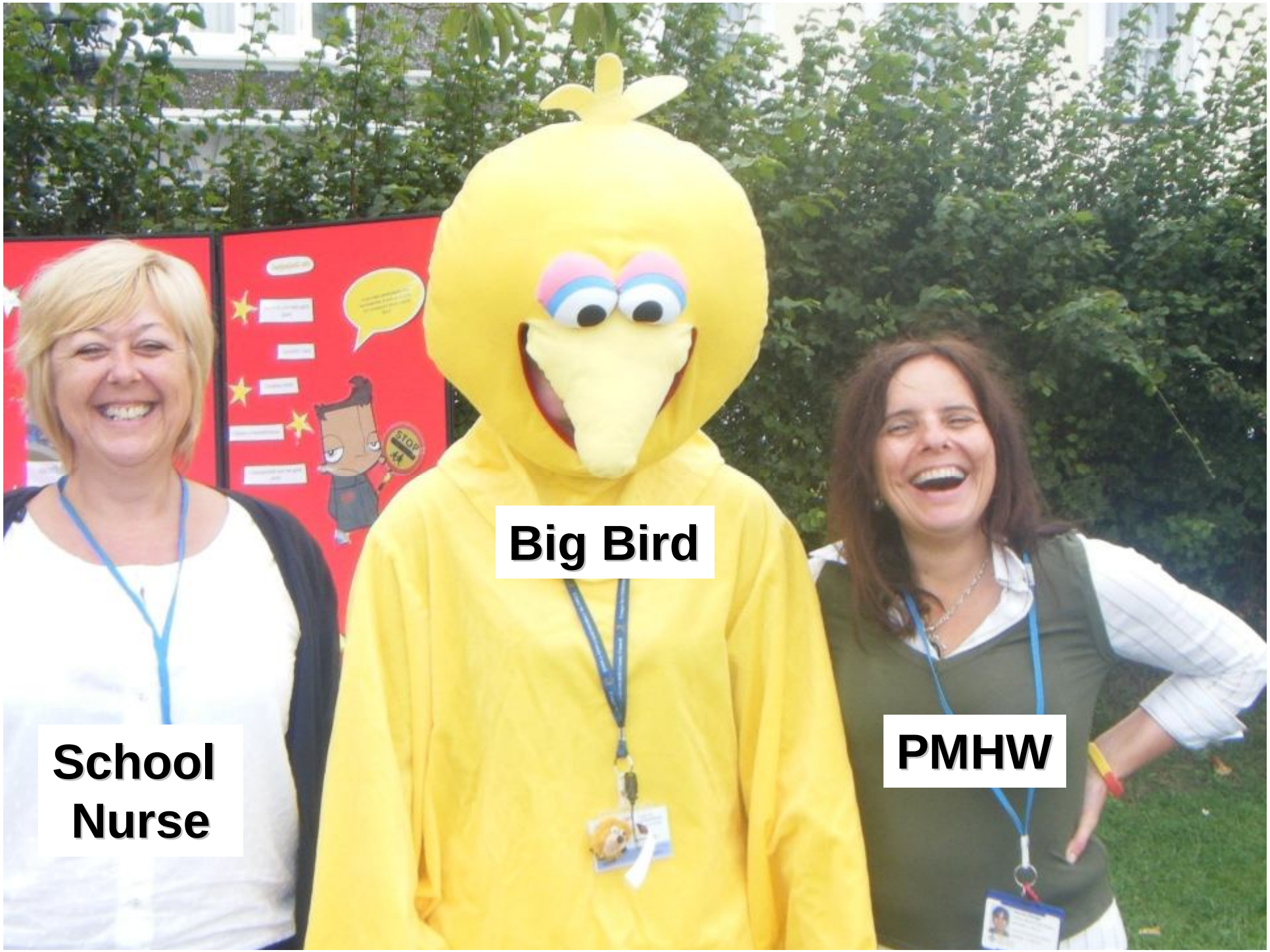
- 1 in 4 have a mental health problem in any one year .
- 1 in 10 will have a diagnosable mental disorder
- Between 1 in every 12 and 1 in 15 children and young people deliberately self harm
- Over 8,000 children aged under 10-years-old suffer from severe depression.
- Anorexia affects approximately 1 in 150 fifteen-year-old females, and 1 in 1000 fifteen-year-old males.
- 45% of children in care have a mental health disorder - these are some of the most vulnerable people in our society.

Some tips to help you in your work with schools

- Contact your local CAMHS service to establish links with the primary mental health worker in your area.
- Don’t be afraid to seek supervision or guidance. Many primary mental health worker teams operate help lines and can offer supervision and joint assessments.
- Utilize appropriate bibliotherapy schemes.
- Familiarize yourself with useful information helpsites for young people in order to aid signposting i.e. www.papyrus-uk.org www.youngminds.org.uk www.rethink.com, www.itsnotyourfault.org.uk
- A helpful leaflet information site for parents and carers is www.understandingchildhood.net
- Don’t forget to look after your own mental health. Some schools offer free yoga sessions for staff and free use of council run leisure centres.

Dove-evolution!

– *www.youtube.com/watch?v=iYhCn0jf46U*


School Nurse
Big Bird
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