

Changing Lives



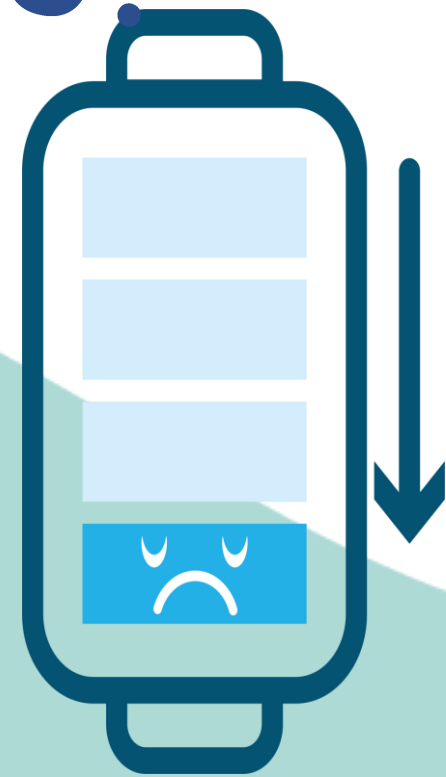
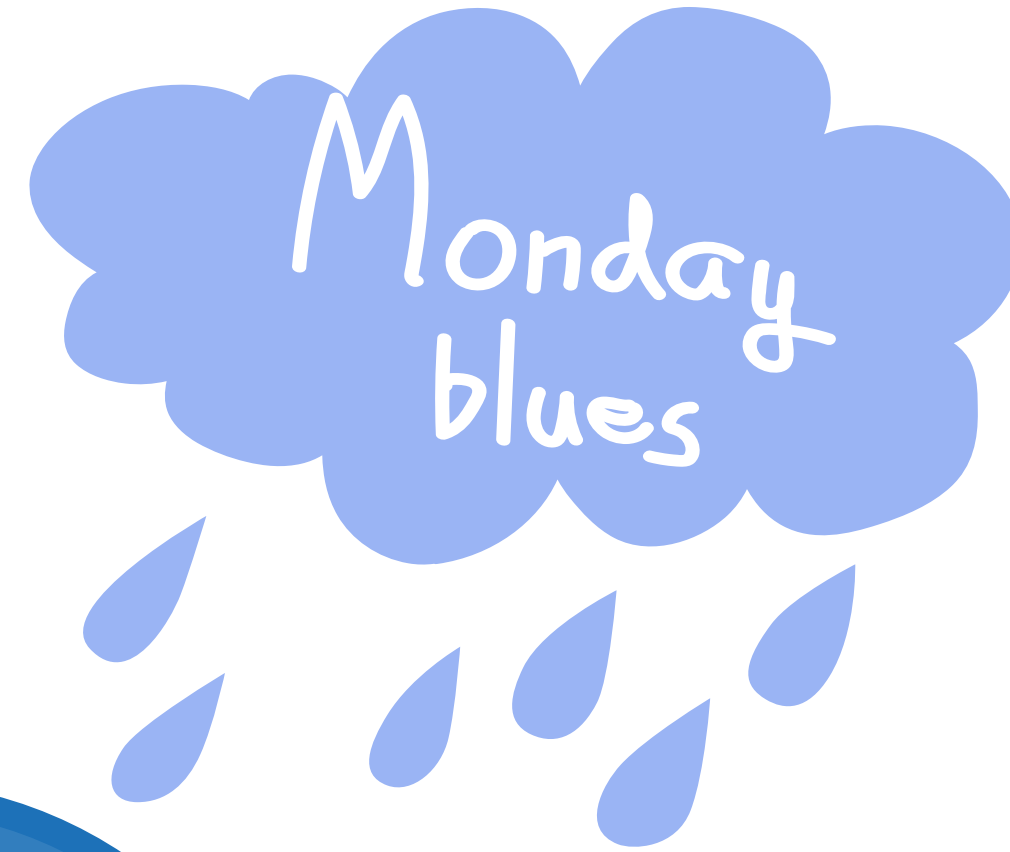
Compass



Mental Health Support Service for children and young people in
Derby and Derbyshire



BEAT THE JANUARY BLUES WHAT IS MENTAL WELLBEING?



QUIZ TIME!

The image features the text "QUIZ TIME!" in a highly stylized, bold font. Each letter is filled with a different bright color: 'Q' is pink, 'U' is red, 'I' is orange, 'Z' is yellow, 'T' is purple, 'I' is blue, 'M' is light blue, 'E' is cyan, and '!' is lime green. All letters have a thick black outline. The text is set against a background of radiating light blue and white lines, creating a sunburst effect.

TRUE OR FALSE?



Young people don't
experience mental health
problems.

 **FALSE**

YOUNG PEOPLE AND ADULTS BOTH EXPERIENCE MENTAL HEALTH PROBLEMS. MANY ISSUES START FROM A VERY YOUNG AGE.

TRUE OR FALSE?



**1 in 10 young people
experience a mental health
problem.**



**THERE IS A CHANCE THAT SOMEONE YOU
KNOW IS STRUGGLING WITH THEIR
MENTAL HEALTH.**

TRUE OR FALSE?



**Most people who are
worried about their
mental health go and see a
doctor**

 **FALSE**

**IN FACT, ONLY 4% OF YOUNG PEOPLE
VISIT THEIR DOCTOR TO GET HELP
WITH THEIR MENTAL HEALTH.**

TRUE OR FALSE?



There is nothing I can do to help somebody with a mental health problem.

 **FALSE**

YOU CAN HELP A FRIEND WITH A MENTAL HEALTH PROBLEM BY CHECKING UP ON THEM, SPENDING TIME WITH THEM AND LISTENING TO THEM, WITHOUT JUDGING THEM.

TRUE OR FALSE?



**Mental health is just
like physical health.**



Like physical health, mental health can get better and it can get worse. Look after it by connecting with people, keeping active, taking notice of things around you, learning new things and giving to others.

WHAT IS MENTAL WELLBEING?



‘The emotional resilience which allows us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of wellbeing and an underlying belief in our own, and others, dignity and worth.’

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It affects how we feel, what we think, how we behave and what we feel physically inside our bodies

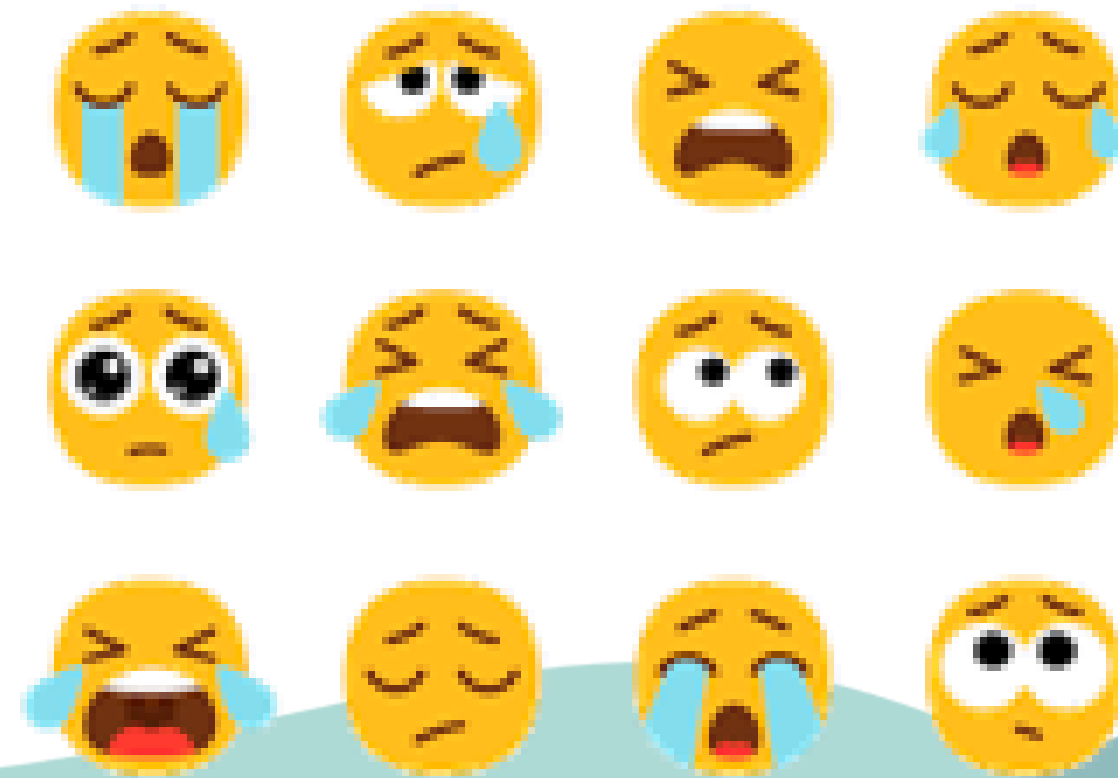
WHAT IS ANXIETY AND LOW MOOD?



- **ANXIETY:** Worry, fear, stress or a feeling of unease ranging from mild to severe.

- **LOW MOOD/ DEPRESSION:** feeling constantly down or sad about life

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NORMAL FLUCTUATIONS IN MENTAL WELLBEING



Our mental wellbeing can fluctuate from day to day, or even month to month, depending on what is going on in our life.

It is normal to feel more stressed, anxious or low from time to time- we all experience this.

There is a difference between everyday anxiety/ low mood and diagnosable disorders.



SYMPTOMS OF POOR MENTAL WELLBEING



Sleeping more or less than normal

Feeling tired and not having any energy or motivation

Struggling to concentrate

Spending more time alone

Feeling sad, upset, miserable or irritable

Feeling hopeless, worthless, lonely or guilty

Physical symptoms e.g. muscle tension, feeling sick

Not doing activities you previously enjoyed

Worrying what others may think about you

Feeling like you can't stop worrying

What may happen in the future

Increase/decrease in appetite or weight

7 TIPS FOR LOOKING AFTER YOUR WELLBEING THIS BLUE MONDAY



Try and move a little every day



Try a relaxation technique



Connect with others



Take time to reflect and practice self-compassion



Improve your sleep



Pay attention to the present moment (mindfulness)



Learn a new skill

AT WHAT POINT SHOULD I CONSIDER ACCESSING SUPPORT?



- . If your difficulties are persistent or cause frequent distress
- . If your difficulties impact on your day-to-day life e.g. seeing friends, schoolwork, hobbies.
- . If your difficulties have been going on for a long period of time and aren't improving

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In this instance, **speak to a trusted adult** and consider if a referral into our team or a visit to the GP would be useful.



WHAT IS A MENTAL HEALTH SUPPORT TEAM?

Changing Lives



Compass

- An early intervention and prevention service to improve mental health and emotional wellbeing for children and young people (CYP)
- To help them manage their feelings, behaviours, thoughts and physical sensations so they can better engage with their learning and education
- Also working alongside and supporting school staff, parents and other professionals

WHAT DIFFICULTIES CAN CHANGING LIVES HELP WITH?

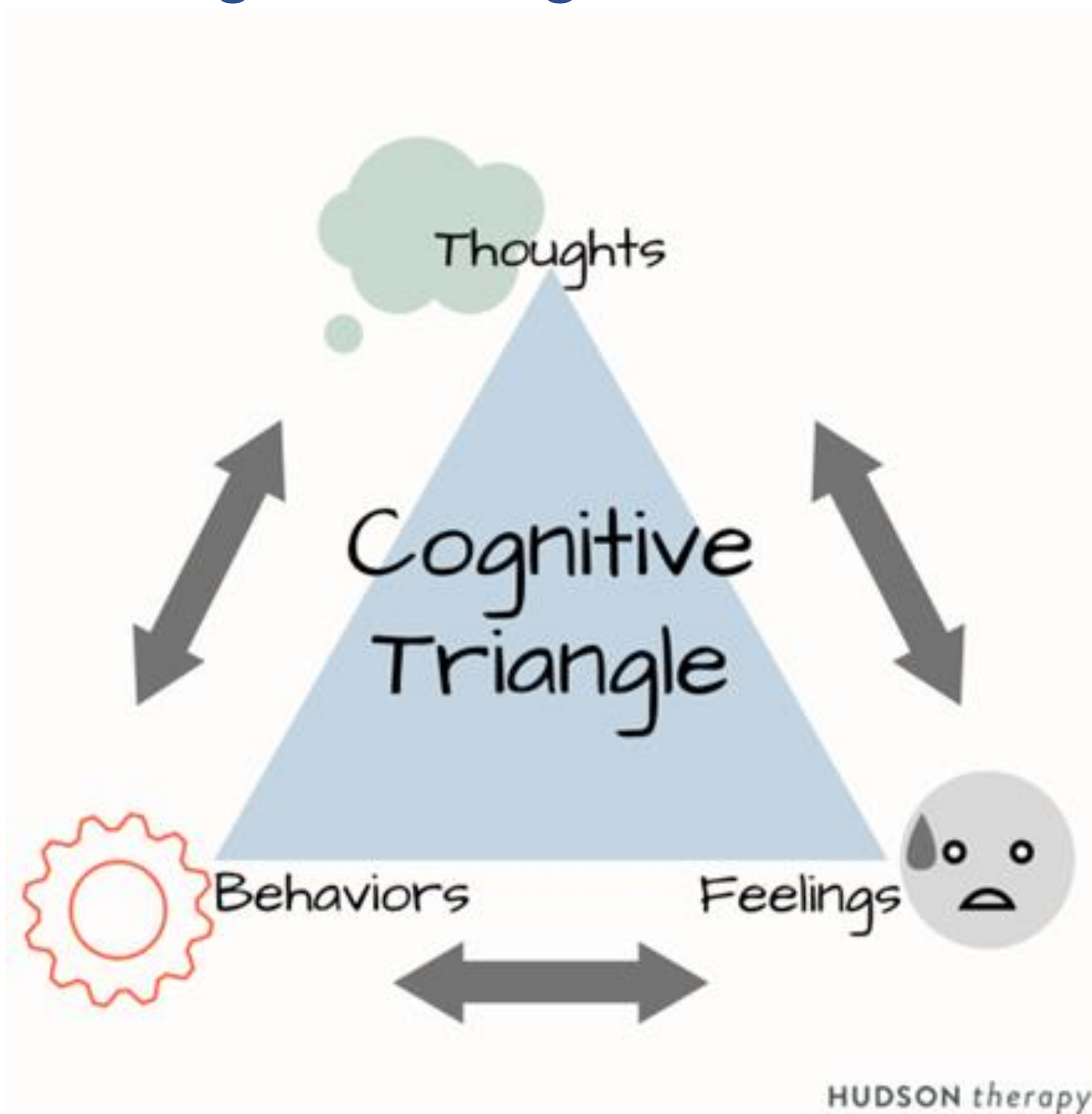


- Feeling low, having no motivation, losing interest in things
- Mild to Moderate anxiety- worries, fears, panic, social anxiety
- Sleep hygiene
- Simple Phobias
- Difficulty with adjusting to change and transition
- Difficulty with managing emotions
- Exam stress



WHAT DO WE DO IN SESSIONS?

Our sessions are based on Cognitive Behavioural Therapy (CBT) principles which look at the cognitive triangle below...



- In sessions we would look at what is happening in the CYP's triangle and how we can change aspects of this to make things feel better for them. Typically this is offered in 6-8 sessions.
- As well as in session activities, we often ask CYP to complete in-between home tasks which further enhance positive change.
- We may also involve parents in sessions to further support young people with their intervention.

HOW TO ACCESS OUR SERVICE?



Referrals can be submitted by school, parents, GP's and other professionals to changinglives@compass-uk.org

If you would like a referral to us, please speak to your form tutor

The allocated practitioner will complete an assessment, usually 1:1 in school with the you, and then will decide upon further intervention.



THE MENTAL HEALTH CHAMPION TRAINING PROGRAMME FOR PUPILS

**The Ultimate Training
Programme to enable our
pupils to become
confident Mental Health
Champions.**



An Overview Of What You Will Learn:



Discover the 5 key skills and 5 qualities of a Mental Health Champion.



Evidence based approaches to caring for their own mental health.



Gain a deeper understanding of their own mental health.



Practical tips for providing support to their peers.



Identify the factors that can affect mental health.



Develop a personal action plan for maintaining their own mental health.



Recognise the signs of each stage of mental health.



Design a project plan for promoting positive mental health around school as a team.



Understand common mental health illnesses and issues.

We will have respectful and supportive conversations about uncomfortable emotions and 6 common mental health disorders which people experience.



Depression



Anxiety



Post-Traumatic Stress Disorder (PTSD)



Conduct Disorders



Attention Deficit Hyperactivity Disorder (ADHD)



Eating Disorders

THE TOP 3 REASONS WHY YOUNG PEOPLE WANT TO BE A MENTAL HEALTH CHAMPION...

01

“ I want to learn about my own mental health and how to care for it. ”



02

“ So I can have good mental health and be happy. ”

03

“ So I can be there for my friends and family if they need me. ”



Becoming Champions of Mental Health...



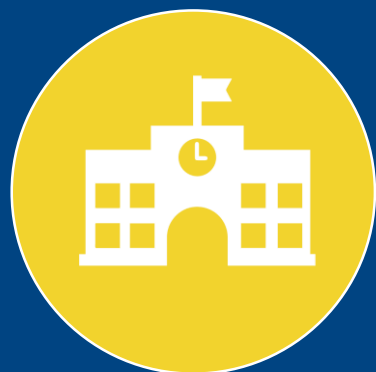
It is important to care for your own mental health, and promote positive mental health for others.



The training will lead you to think of ideas and activities to promote positive mental health around school.



It is important to lead and take on roles and responsibilities in the activities and ideas that you create.



Let's get excited and motivated about the future!



How will it work?



Students from any year group are welcome to join

- You will receive a formal training over a six week period, resulting in a graduation and an accredited qualification (.5% of a GCSE) at the end**
- You will provide ongoing support to your peers and know how to spot where people may need you to act as their advocate**
- You will learn how to look after your own Mental Health more effectively**
- You will take part in projects to improve our Mental Health and Wellbeing provision in the school as a whole**

If you would like to commit to this and make a difference to yourself and those around you, please take a form, complete this and return to Mrs Gilbert