



# SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

NOVEMBER DECEMBER 2021 • MENTAL HEALTH



## WHAT'S INSIDE?

In our latest issue we will be covering the topic of Mental Health, why it's important to look after and how to improve your mental health.

If you require further support please see the links on the last page of the document.

## WHAT IS 'MENTAL HEALTH'?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

### Being mentally healthy means that:

- we feel good about ourselves
- we can make and keep positive relationships with others
- we feel able to manage our feelings rather than feeling overwhelmed by them
- we have interests or hobbies that we enjoy
- we feel hopeful and positive about the future.

Mental health and mental illness are part of a scale or 'spectrum' just as physical health and illness are. Many things can lead us to move up and down the spectrum at different times of our life.



## IMPORTANT INFO

If you're concerned about a loved one or yourself please contact one of the helplines and support groups on page 3. Alternatively you can view the list of helplines on the [NHS website](#)



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**Some things that might harm our mental health are:**

- having friendship difficulties such as lots of arguments
- feeling under pressure at school or work, like during exams
- feeling worried about the health of a friend or family member
- being bullied – in person or online.

**Some things that might protect and improve our mental health are:**

- having a close friend you trust, or a supportive group of friends
- enjoying time at home with your family
- having hobbies or interests you enjoy taking part in
- eating a healthy diet and getting plenty of sleep.

It is important to remember that, just as our mental health can suffer during difficult times in our life, it can also recover.

## TIPS FOR HOW TO LOOK AFTER YOUR MENTAL HEALTH

There are some things that we can all do which have been shown in research to help keep our minds healthy – they are called the five ways to wellbeing and are described here:

**Try writing down how you feel**

Some young people find keep a 'mood diary' helpful to record how they feel on different days and identify any patterns which might explain what is upsetting them.

**Reach out to others who are struggling**

If you know that someone else in your friendship group is also finding things difficult, reach out to them and see if you can support each other. Helping someone else can help you feel better too.

**Be kind to yourself**

When times are hard, it's important to be extra kind to yourself, just as you would be kind to a friend in need. Think about what you might find comforting – reading a favourite book, playing your favourite music, watching a film you enjoy, going for a walk to clear your head.

**Speak to someone you trust**

One of the most important things you can do is to speak to someone rather than 'bottling up' your feelings inside yourself. Choose a close friend or family member to share your worries with.

**Ask for help**

If you continue to struggle, and especially if you have any thoughts about hurting yourself, speak to a family member or friend and book a GP appointment for you.

If you don't feel comfortable talking to someone directly, you can call the Samaritans on **116 123**.



## IMPORTANCE OF ROUTINE

Predictable, repetitive routines have been proven to be calming and help reduce anxiety. This is partly because they give you a sense of control over your day, and that then expands out into feeling in control of your life. There is also a sense of relief in achieving everything you need to do, which in turn reduces anxiety and stress.

### Tips on how to get into a routine

1. Decide what needs to be in your routine. Do you want to get more exercise or more alone time?
2. Set small goals. Break each large goal into smaller goals - work your way up to something you want to accomplish.
3. Layout a plan - add in what you want to accomplish with your routine. Want to get more exercise? Start a new hobby?
4. Be consistent with time - time is important for your routine, keep track of the time so you know what is coming up next.
5. Make it fun! Have fun with your routine don't add in something you're not going to enjoy.
6. Track your progress - are you sticking to the routine? If so, then well done and keep it up. If not, then look for where you can improve.
7. Reward yourself.

## TIPS TO GETTING A BETTER SLEEP

Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression. There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

### Tips to getting a better sleep

1. Try to go to bed to sleep and wake up at the same time every day (even the weekends!)
2. Don't eat late in the evening
3. Take a relaxing bath or shower
4. Exercise during the day
5. No screens in bed!



# FURTHER SUPPORT & INFORMATION

## Samaritans

If you need someone to talk to you can call Samaritans any time, from any phone for free on **116 123**

## Local Mental Health Charities

You can use the Hub of Hope to search for mental health charities in your local area, or find one that can help with a specific problem.

It's run by Chasing the Stigma, a national mental health charity.

[Find local mental health charities using Hub of Hope](#)

## Urgent Help in a Crisis

If you need help during a mental health crisis or emergency, NHS urgent mental health helplines provide:

- 24-hour advice and support for you, your child, your parent or someone you care for
- help to speak to a mental health professional
- an assessment to help decide on the best course of care

[Find a local NHS urgent mental health helpline](#)

## 9 PROTECTED CHARACTERISTICS

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

## PREVENT DUTY

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

### View our Prevent Leaflet

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

## BRITISH VALUES

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

## OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email [safe-guarding@steadfasttraining.co.uk](mailto:safe-guarding@steadfasttraining.co.uk)

If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.

[Report a Safeguarding Issue](#)



For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on [chloe.robinson@steadfasttraining.co.uk](mailto:chloe.robinson@steadfasttraining.co.uk).