



SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

MARCH-APRIL 2025 - MENTAL HEALTH & WELLBEING



WELCOME

Mental health and well-being are vital components of our overall health. Safeguarding our mental well-being is just as important as safeguarding our physical health.

This newsletter explores ways to support mental health, recognise signs of distress, and find the right resources for care. We can all benefit from understanding how to care for our mental health.

RECOGNISING THE SIGNS OF MENTAL HEALTH STRUGGLES

It's important to recognise when someone is struggling with their mental health. Signs may vary depending on the individual, but common indicators include:

- **Changes in behaviour:** withdrawing from social interactions, acting unusually irritable, or avoiding activities they once enjoyed.
- **Physical symptoms:** difficulty sleeping, changes in appetite, or constant fatigue.
- **Emotional signs:** feelings of sadness, hopelessness, or constant worry.
- **Difficulty concentrating:** at work, school, or during everyday activities.

If you notice these signs in yourself or someone else, it's important to approach the situation with care and compassion.





BUILDING EMOTIONAL RESILIENCE

Developing emotional resilience is essential for coping with life's challenges. Here are some ways to improve resilience and protect mental health:

- **Practice self-care:** This includes physical activity, eating nutritious foods, getting enough sleep, and taking time to relax.
- **Stay connected:** Maintaining social connections is crucial for emotional support. Don't hesitate to reach out to friends, family, or support groups.
- **Mindfulness and relaxation:** Incorporate mindfulness exercises, such as deep breathing or meditation, into your daily routine to reduce stress and increase emotional well-being.
- **Set realistic goals:** Break large tasks into smaller, manageable steps to avoid feeling overwhelmed. Celebrate small victories to maintain motivation.

COPING WITH STRESS AND ANXIETY

Stress and anxiety can affect anyone, regardless of age. Here are some strategies for managing these feelings:

- **Deep breathing exercises:** In moments of stress, deep breathing can help calm the nervous system and reduce anxiety.
- **Cognitive Behavioural Therapy (CBT):** CBT helps people recognise and change negative thought patterns. It's highly effective for managing anxiety and depression.
- **Limit caffeine and alcohol:** Both substances can increase anxiety. A healthy, balanced lifestyle helps maintain a calm and clear mind.
- **Exercise:** Regular physical activity releases endorphins, which improve mood and reduce stress.



MENTAL HEALTH IN YOUNG PEOPLE

Mental health struggles in young people are on the rise, and early intervention can make a significant difference. Encourage open conversations about feelings and well-being with children and teenagers. Here are some tips to support young people:

- **Listen without judgment:** Create a safe space for them to share their thoughts and feelings without fear of criticism.
- **Recognise digital stress:** The constant pressure of social media can negatively impact mental health. Encourage time away from screens and promote healthy digital habits.
- **Supportive environment:** Ensure they have access to activities that help them feel valued, such as hobbies, exercise, and spending time with family.
- **Know the resources:** Ensure young people are aware of support networks like Childline, school counsellors, or trusted adults they can speak to.

SUPPORT FOR PARENTS AND CARERS



As a parent or carer, safeguarding your own mental health while supporting others is critical. Here are some ways to stay mentally healthy:

- **Set aside time for yourself:** Taking breaks to rest and recharge is vital. You cannot care for others if you are running on empty.
- **Stay connected with others:** Share your concerns with other parents, carers, or trusted individuals in your network.
- **Get professional help:** If the pressure becomes overwhelming, don't hesitate to seek support from a mental health professional, such as a counsellor or therapist.
- **Be aware of your child's mental health:** Pay attention to their well-being and communicate openly. Seek professional help if needed.

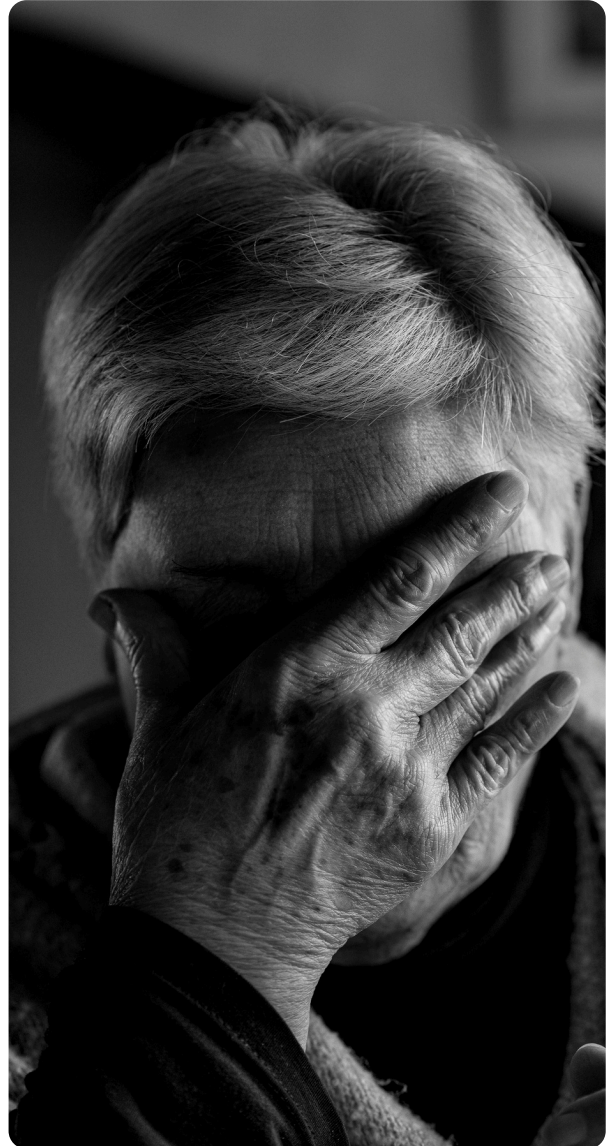
Statistic: *One in six children aged five to 16 were identified as having a probable mental health problem in July 2021, a significant increase from one in nine in 2017.*



MENTAL HEALTH FOR OLDER ADULTS

Older adults may face unique mental health challenges, including loneliness, physical illness, and the loss of loved ones. Here's how to support their well-being:

- **Maintain social connections:** Loneliness can significantly impact mental health. Encourage regular social interactions, whether in person, via phone, or through online communities.
- **Encourage physical activity:** Regular exercise helps improve mood and cognitive function. Activities like walking or gentle yoga can be beneficial.
- **Provide opportunities for engagement:** Support hobbies, reading, or learning new skills to maintain a sense of purpose and connection.
- **Be aware of signs of depression:** Unexplained sadness, fatigue, or withdrawal from activities may signal depression. Professional help can be invaluable.



Statistic: In 2018, there were 6,507 suicides registered in the UK, and in 2019, there were 5,691 suicides registered in England and Wales. [[Mental Health Foundation](#)].



FURTHER SUPPORT & INFORMATION

SAMARITANS

Samaritans offers confidential emotional support to anyone in distress, feeling suicidal, or experiencing mental health issues. You can contact them anytime via phone, email, or even text.

Helpline: 116 123 (Free, 24/7)

Website: www.youngminds.org.uk

MIND

Mind is a leading mental health charity offering advice and support for anyone experiencing mental health issues. They provide information on types of mental health conditions, treatments, and local services.

Helpline: 0300 123 3393

Text: 86463

Website: www.mind.org.uk

EMERGENCY SERVICES

In case of an immediate crisis or emergency, you can contact emergency services for urgent help.

999: Call this number for immediate medical, police, or fire emergencies.

111: Call this number for non-emergency medical advice, including mental health support

YOUNGMINDS

YoungMinds is a charity dedicated to supporting the mental health of children and young people. They provide resources for parents, schools, and young people themselves.

Helpline: 0808 802 5544 (for parents)

Text: YM to 85258 (for young people)

Website: www.youngminds.org.uk

CALM

CALM supports men who are feeling down or struggling with their mental health, aiming to prevent male suicide in the UK.

Helpline: 0800 58 58 58

Text: 07537 404 717

Website: www.thecalmzone.net

NHS MENTAL HEALTH SERVICES

The NHS provides mental health services across the UK, which can be accessed through GP referrals. This can include therapy, counseling, and other services tailored to individuals' needs.

Website: www.nhs.uk/mental-health

OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email safe-guarding@steadfasttraining.co.uk

Our Safeguarding Officers

Robert Wright - 07985338185

Alison Law - 07720092609

Chloe Robinson - 07985338116

[Report a Safeguarding Issue](#)



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.