



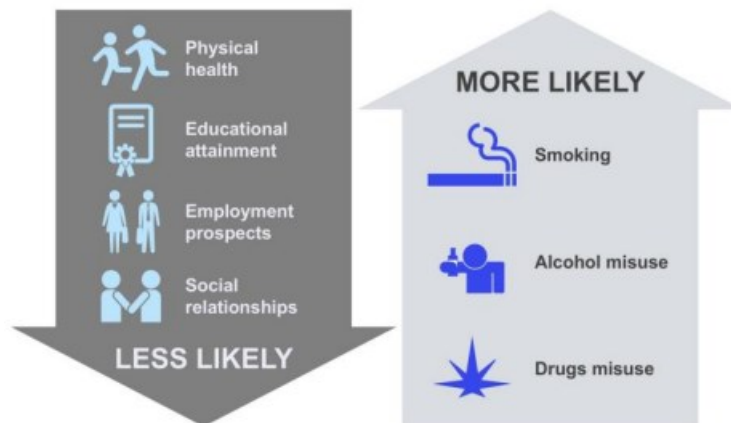
Safeguarding

All in this together

Why is well-being important?

The well-being and mental health of a child or young person supports positive outcomes in a range of areas including performance at school, behaviours in school and at home. If we feel content and happy, we are more likely to look after ourselves and face challenges in a more positive way.

A study by Public Health England states that 'mental health illnesses are a leading cause of health-related disabilities in children and young people'. These can have an adverse and long lasting effect in later life for these children.



Overview—what to explore with your child this term...

- Ways to wellbeing
- Healthy mind—what is wellbeing and why is it important?
- Young carers—who are they and what do they do? How can we help?

What is wellbeing?

Wellbeing is the state of being comfortable, happy or healthy.

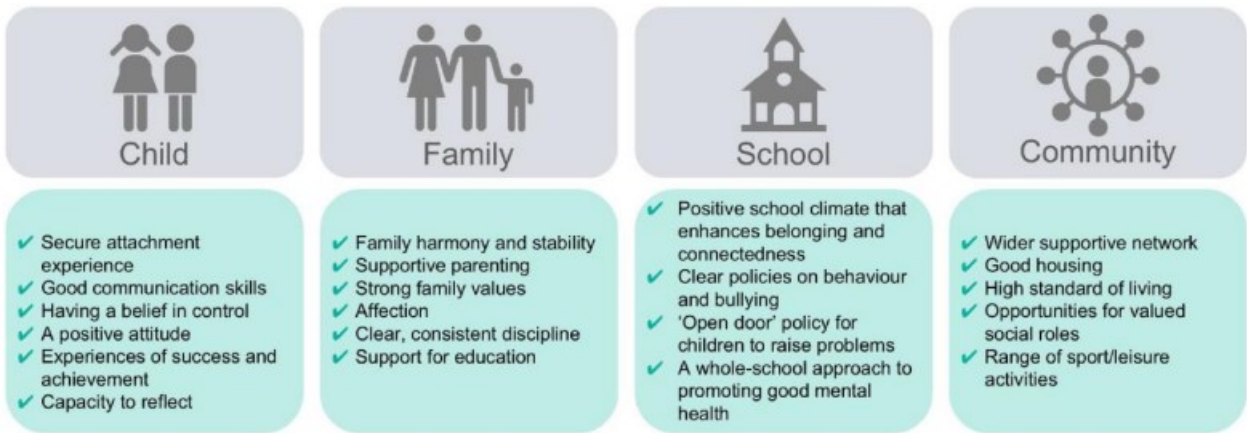
Even though happiness is an integral part of your personal wellness, it includes other things such as the fulfilment of long term goals, your sense of purpose and how in control **you** feel in life.



Why is Early Intervention so Important?

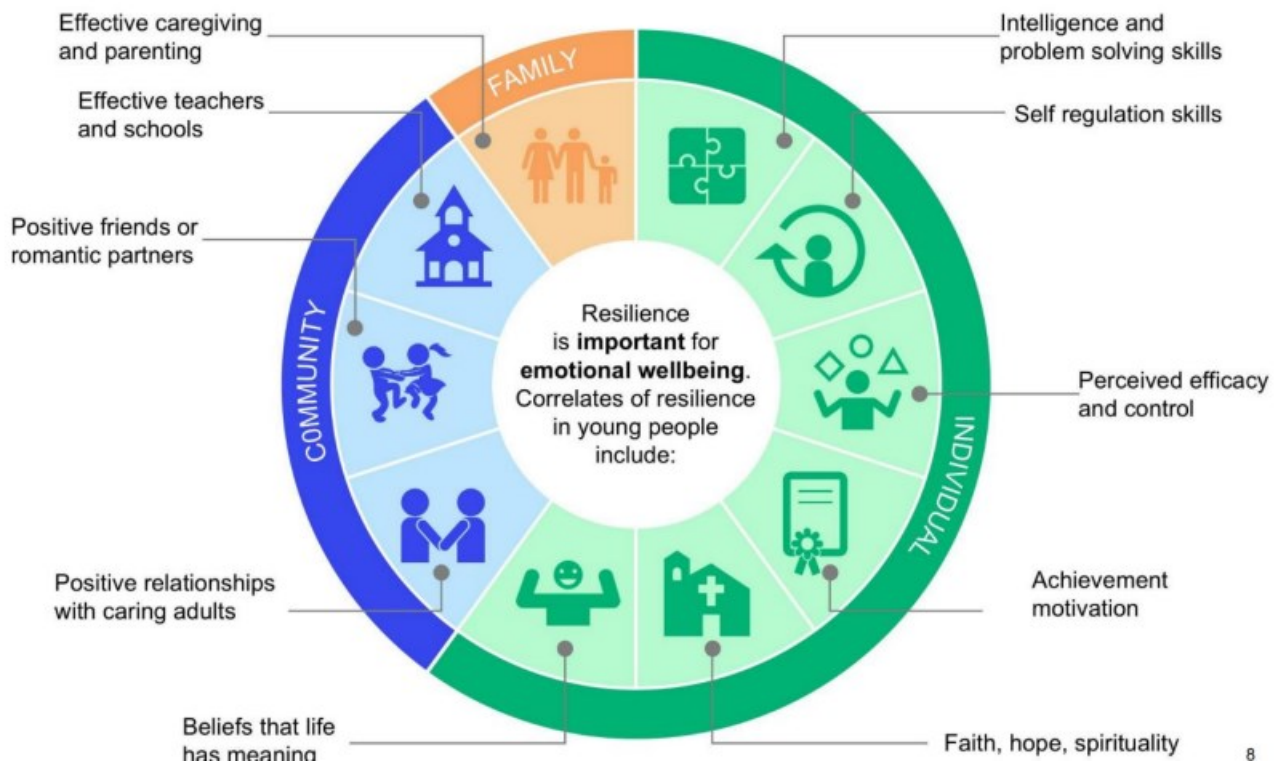
All children deserve the best possible start in life. Early intervention can be applied to a wide range of issues that we can support with or signpost for further support for. There are many protective factors in place that we can capitalise on.

Protective Factors



Building Resilience

Building resilience provides us with the ability to cope with adversity and adapt to change.





Did you know?

Mental Health services are free on the NHS, but in some cases you'll need a referral from your GP to access them. There are some mental health services that allow people to refer themselves too.



Young carers are children who look after someone within their family home. This may be a parent, brother, sister or other family member who has an illness, physical or learning disability, a mental health illness or misuse of drugs or alcohol.

A young carer usually takes on practical and/or emotional caring responsibilities that would normally be expected of an adult. Swindon Young Carers offer support to young carers aged from 5 - 18 years.

Following a referral, a young carer will be offered an assessment of their caring role to look at what support may be required. The assessment is about exploring the young person's caring role along with other areas of their life such as school, friendships and what they like doing. This gives the Young Carer team a good understanding of how they may be able to support.

Where appropriate, the team will be able to offer a break away from their caring role, which may be school holiday activities and/or term time groups. The assessment also helps to see if other local services would be more relevant to support the young carer and their family.

Useful websites for parents

Young Minds - <https://youngminds.org.uk/find-help/for-parents/>

NHS Support - <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Mind - <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

MindEd - <https://www.minded.org.uk/>

