



WELLBEING

shout
85258 here for
you 24/7

newsletter



MENTAL HEALTH AWARENESS WEEK 09-15 MAY 2022

Organised by The Mental Health Foundation, Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems.

It seeks to inspire action to promote the message of **good mental health for everyone**. It's an opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice.

The theme of the 2022 Mental Health Awareness Week is **'Loneliness'**. Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health, and we need to find better ways of tackling widespread feelings of loneliness - and we can all play a part in this.

As a school community, we want to encourage everyone to talk about loneliness: what the word means; how it makes us feel; and what we can do when we are feeling lonely. Loneliness is something we will all feel at some point in our lives, but reaching out and talking about it can make a huge difference. So we are challenging you to speak to your children, families, friends, colleagues and neighbors, let's get the conversation started to end loneliness!

Anna Freud Support for Parents and Carers: <https://www.annafreud.org/parents-and-carers/>

Helpful Resources

Trouble Sleeping - Children or young people experiencing loneliness are likely to have increased levels of stress and difficulty sleeping.

Getting good sleep can be daunting for children and young people, but there are many things you can do with your child or young person, to understand and improve their sleep patterns.

Check out [this Parent Guide on Sleep](#).

Low Self-esteem of Loss of Confidence - Has their engagement with the things they enjoy changed?

When experiencing loneliness, we may not feel our most comfortable selves and may experience low self-esteem.

When struggling with low self-esteem, connecting with others may be more challenging and produce feelings of disconnection and further loneliness.

Read [Young Mind's parent guide on how to support your child or young person with their self-esteem](#).

Young Minds Parent Hub:
<https://www.youngminds.org.uk/>

Mental Health
Awareness Week

9 - 15 May 2022

#IveBeenThere

Top Tips for when you're feeling lonely



Find people with similar interests

Don't worry if you haven't found "your people" yet. There are many opportunities throughout life to meet similar people.

Explore ways to express your thoughts and feelings

Find out what works best for you. You could try journaling, sports or listening to music.

Talk to someone

Opening up is brave. There is lots of support out there, including your GP, friends, family and school.

Do things you enjoy

Doing things you enjoy and are confident in will make you feel happy!

Connect with people

Supportive relationships will help us feel less lonely. Spend time with people you trust.

Look out for yourself

Feelings of loneliness are okay and can happen to everyone at some point. Do what makes you comfortable.

Be mindful of social media

If social media is making you feel lonely, take a break or be aware of what content is making you feel this way.

Be kind

Showing gratitude for the things around us can help to make us feel more connected and less lonely.



Useful WEBSITES

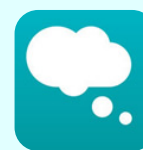


[Hub of Hope](#) is a national database that brings together local mental health services, so you can find support close to home.



If you are worried about your child or young person, speak to [Young Mind's Parent Helpline and Webchat](#).

Useful APPS



Catch It helps you to learn how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Calm is the #1 app for Sleep, Meditation and Relaxation. They have now added a section for children which contains a library of sleep stories.

Bounce Back Topics

During our Wellbeing lessons we focus on our Bounce Back Curriculum. These lessons use story books and videos to enable children to explore the wide variety of topics that are encompassed within wellbeing. However, what you may not be aware of, is that on the wellbeing curriculum section of our website there is a section explaining each wellbeing topic as well as providing ideas for how parents/carers can be involved in this learning at home.

<https://stursulascatholicprimary.co.uk/mental-health-wellbeing/bounce-back-curriculum>

If you have any queries or questions, please contact the School Office.

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