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Bishop Challoner School



Mental Health Matters

Community Mental Health

Mental health difficulties can make day to day living hard, affect relationships and your ability to hold down a job. There are a range of Community Mental Health Services available which all aim to help you recover and achieve the things that are important to you.

Mental health difficulties can affect anyone at any time in their lives. They are very common and it is important not to be embarrassed about seeking help.

If you are dealing with a mental illness, the Community Mental Health Services aim to help by:

- helping you identify and diagnose the problem
- helping you to feel safe
- offering you a range of treatment options
- helping with your recovery
- getting you involved in social activities
- helping you to feel more independent

Community Mental Health Services are made up of social workers, community mental health nurses, occupational therapists, psychologists, psychiatrists and support staff.

Bromley CAMHs

The Bromley Child and Adolescent Mental Health Services is based at two sites, Stepping Stones House and the Phoenix Centre.

- Stepping Stones House: 38 Mason's Hill, Bromley, BR2 9JG / 020 8315 4430
- Phoenix Centre: 40 Masons Hill, Bromley, Kent, BR2 9JG / 020 8466 9988

If you need crisis support please call Mental Health Direct – 0300 5551000

If the call is more urgent or there is risk of harm to life please consider 111 or 999 if medical attention is required.

Referrals

Referrals and Email.

Referrals will be accepted from professionals as well as parents / carers and self-referrals.

Website

www.nelft.nhs.uk/camhs

This Guide

This guide has been created in collaboration with NELFT and the NHS. All services within the guide were correct at the time of creation, but due to funding, some services may be closed. If this is the case Bishop Challoner School apologises for the information being out of date.

Bishop Challoner School takes no responsibility for any of the information provided by these services, all of which are nationally recognised.

If you are experiencing mental health difficulties:

i. In school:

- Talk about it with your form tutor, a teacher, Head of Section, Counsellor. Everyone is there to help.
- You can ask to see a school counsellor.

ii. Outside of school:

- Try talking to a family member such as your parents or siblings.
- You can speak to your GP or a health professional who are able to refer you for further help.
- There are various helplines that you can call such as Childline, YoungMinds, Hopeline UK (see General Well Being)
- If you are in distress and need immediate help and are unable to see a GP, visit your local A&E or call 111.

How does Bishop Challoner School support students' suffering from mental health difficulties?

- Head of Section catchup: One to one catch-up with a specific member of staff or Head of Section for personalised support on how they can be supported with their learning and working out ways to overcome barriers to their learning.
- School Counsellor: One to one non-directive support.
- Tutor Support: Students can talk to their tutors during form time about any concerns they may have.
- School Referrals: We can make referrals to outside agencies such as R U Safe, Youth Services, Addaction, School Counsellor and CAMHS.

Confide Tool

- Confidential reporting service.
- Allows pupils to send notifications, anonymously (if wanted), of any concerns they have for themselves or others.
- Accessible through any computer, look for the button.



impero



- Confidential crime reporting service.
- Fearless is a service that allows you to pass on information about crime with complete anonymity.

Accessible via www.fearless.org

Safeguarding at Bishop Challoner School

All staff at Bishop Challoner School are aware of the Safeguarding procedures. If you have any concern regarding your safety or wellbeing, you can talk to any member of staff. Who will pass your concerns onto the Safeguarding Team to support.

Alternatively, speak directly to one of the Safeguarding Team.



Who can you talk to in school?

If you need someone to talk to you about anything

you can talk to:

- Your form tutor
- Any teacher
- Our school counsellor
- A Member of Pastoral Team

Your Pastoral Team

Mrs Brooker
Deputy Headteacher
Designated Safeguarding Lead



Mrs Shields
Assistant Headteacher
Head of 6th Form



Mr Lubi
Head of Key Stage 3
Deputy Designated Safeguarding Lead



Mrs Restivo
Head of Key Stage 4



Mr Peck
Head of EYFS
Deputy Designated Safeguarding Lead (EYFS)



Ms Hoyles
Head of Key Stage 2
Deputy Designated Safeguarding Lead (KS2)



Ms Bateman
Head of Key Stage 1
Deputy Designated Safeguarding Lead (KS1)



Ms McCormack
School Counsellor



Or you can speak with someone from Kooth
(www.kooth.com) or childline (0800111111)



WE'RE HERE TO
HELP

Did you know?



Research states that mental health issues affect about 1 in 10 children. The emotional wellbeing of children is just as important as their physical health. Good mental health allows young people to develop resilience, cope with the ups and downs in life and grow into healthy adults.

Surveys suggest that most young people are mentally healthy but more children are having problems due to life changes, traumatic events, feeling vulnerable or not coping with difficult situations. The Guardian has recently published that tens of thousands of young people in Britain are struggling with their mental health and are seeking help online for problems.

Research indicates that common mental health problems for young people include depression, self-harm, eating disorders, post-traumatic stress disorder, anxiety and panic attacks. Poor mental health in childhood affects educational attainment, increases the likelihood of smoking, alcohol and drug use, and has consequences for poorer physical health in later life.



What can you do?

Take time to do some research about mental health issues and symptoms with young people. Point your child towards websites or helplines that can give them information as well. Here are some useful websites to get you started:

www.mind.org.uk www.youngminds.org.uk

Seek further advice from a professional if you are worried or concerned about your child.

Talk to your child about any worries they have, be supportive and show empathy and understanding. Try to avoid persistent questioning but encourage them to open up to you and reassure them that you are there to help them. Try to make your child feel loved, trusted and safe.

Don't blame yourself for any problems your child is having as this will not help the situation. Be honest and explain that you are worried and help them access the right kind of help. Encourage your child to take up healthy habits to help them to maintain a positive state of mental health. Examples are:

- Healthy eating
- Good sleep routine
- Seeing friends and connecting with others
- Taking time out to relax
- Exercising
- Doing hobbies
- Spend time outdoors

Did you know?



Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to do so.

The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.

Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and help them to achieve their potential. Human brains develop and change more during the teenage years than most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.



What can you do?

Help your child navigate their ups and downs by encouraging them to carry out resilient behaviours. You can be a building block in helping them build healthy habits, such as looking after their mental health, getting enough sleep, doing exercise, eating healthy food, hobbies, socialising or relaxing. Watch the video on YouTube to understand why resilience is important to young people's health: <https://www.youtube.com/watch?v=0Wocj5oTReU>

Staying connected with different people in our lives is the basis for building resilience. Help your child to understand who is in their support network when they

face difficult situations. This may be a grandparent, friend, teacher, sibling or sports coach etc. Encourage your child to make time to build relationships, see friends, have fun, take part in hobbies and connect with others regularly.

Encourage your child to build resilience by taking on new opportunities, challenges and achieving goals by stepping out of their comfort zone. This will help them to develop self-respect, be organised, promote positive thinking and to build confidence to deal with different situations.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online, sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

FAKE NEWS

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited videos, fake news and even swatted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0800 8002222
- Young Minds Parents Line, 0800 802 5544

SOURCES: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/440000/young-people-mental-health-green-paper.pdf, https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/440000/young-people-mental-health-green-paper.pdf, https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/440000/young-people-mental-health-green-paper.pdf

What young people struggle with?

General wellbeing.

Feeling anxious.

Autism.

Losing someone special.

Challenging behaviours.

Feeling low.

Body image worries and difficulties with eating.

Emotional distress (self-harm).

Substance misuse.

Hearing voices.

General Wellbeing.

The Mix.

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you are facing – from mental health to money, from homelessness to finding a job, from break ups to drugs. Talk to us online, social media or via our free, confidential helpline.

Freephone: 0808 808 4994.

www.themix.org.uk



Child line.

Childline is here to help anyone under 19 in the UK with any issue they are going through.

Our counsellors are trained staff and volunteers. All sorts of people become Childline counsellors.

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

A Childline counsellor:

- will listen to you
- knows it takes courage to contact us
- is genuine, open and friendly
- knows about the problems young people can face
- won't judge you or put you down
- isn't easily shocked
- will let you take your time.

You can talk about anything. Whether it is something big or small, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night. You can talk to us:

- by calling 0800 1111
- by email
- through 1-2-1 counsellor chat

Whatever feels best for you.

The Hope Line.

HOPELINEUK advisers want to work with you to understand why these thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

For children and young people under the age of 35 who are experiencing thoughts of suicide.

For anyone concerned that a young person could be thinking about suicide.

Young People

Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive.

Concerned Others

If you are concerned that a young person is feeling suicidal, advisers can support you to start a conversation about suicide and explore options of how best to support them.

Call: [0800 068 4141](tel:08000684141)

Text: [07786209697](tel:07786209697)

Website: www.papyrus-uk.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Feeling Anxious

Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. Everyone has felt worried at some point in his or her life – for example, you may be worried about sitting an exam or attending a job interview.

NHSGOAPP

This app allows young people under the age of 24, living in London to have access to free, confidential health information and advice 24/7 'to take control of their health'

www.nhsgo.uk

Healthy London Partnership

Designed by go

NHS

Questions about your health?

NHS Go is the new way to get 24/7 instant access to information on the go that can help us keep healthy

NHS Go is brought to you by Healthy London Partnership. It is free to download on iOS and Android.

Download Free on Google play or the App Store

www.NHSGo.uk #NHSGo @HealthyLDN

Anxiety Care UK

This group is open to people with anxiety / OCD disorder, carers, families and friends.

www.anxietycare.org.uk

Mind UK

Provides advice and support to anyone with a mental health problem. Part of the Time to Change campaign. The website provides an extensive A – Z of Mental Health covering a wide range of subjects.

www.mind.org.uk

We're Mind, the mental health charity.

We won't give up until everyone experiencing a mental health problem gets both support and respect.

Autism

Autism is a mental health condition, present from early childhood, characterised by great difficulty in communicating and forming relationships with other people and in using language and abstract concepts.

The Autism Project

The Autism Project is a full time 2-year employment programme for young people on the autism spectrum who would like work but need more confidence, support, skills and experience. We use a module based learning system so students can start at the beginning of any term and can progress at a pace that best meets their individual needs.

www.care-trade.org

Bromley Autistic Group Support

CASPA has been providing invaluable support and enriching experiences to autistic / neurodivergent children, young people and their families since 2002.

Beginning as a small group run by parents in a church hall, we have grown into a multifaceted, award-winning charity and a supportive, fun and caring community of likeminded people who think differently. We now reach upwards of 500 individuals of all ages and their families through a wide range of clubs, activities, support groups and more.

CASPA is built on both an appreciation of the unique and exceptional attributes, perspectives and gifts that autistic people have and a mission to address many of the challenges that the autistic community faces by fostering and promoting the development of life skills, true friendships, access to opportunities and participation in society.



CASPA
COMMUNITY AUTISTIC SUPPORT, PRIDE & ADVOCACY

CASPA
Community House
South Street
Bromley BR1 1RH
EMAIL US

SUBSCRIBE
Click **here** to sign up
and receive information
about CASPA News,
Activities and lots more.

Google
★★★★★
3.9 | 13 reviews

disability
confident
EMPLOYER

London
Youth
MEMBER
2022-23

Bereavement

Bereavement is a period of mourning after a loss, especially after the death of a loved one.

Grief Encounter

We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters.

0808 802 0111

Mon-Fri 9am-9pm

www.griefencounter.org.uk



Winston's Wish

Winston's Wish supports bereaved children, their families and the professionals who support them.

Winston's Wish was the UK's first childhood bereavement charity – supporting bereaved children since 1992 – and continue to lead the way in providing specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

Our Helpline provides bereavement support for parents, carers and professionals looking for childhood bereavement support.

Our ASK email service is a UK-wide national email service, offering support, information and advice to anyone seeking it.

Our online chat is designed to help you talk about your grief and manage your grief when you do feel like you need help.

www.winstonswish.org.uk

08008 020 021



Challenging Behaviours

Challenging behaviours include behaviours such as, self-injurious behaviour, hitting, biting, shouting and swearing. This can also include difficulties with sitting still, focusing and concentrating.

Bromley Y

Advice for Parents & Carers about ASD and ADHD support in Bromley At Bromley Y, we understand that looking after an autistic child or a child with ADHD can make huge demands on your time and energy, causing emotional strain.

We recognise that this may leave you feeling exhausted, particularly now when respite options are limited, and this no doubt puts pressure on your family relationships and entire family life. We list below some of the resources available to you in Bromley and Nationally which may help you find the support you need.

Where can I go for support in Bromley?

In Bromley we have three organisations that understand and can help with the difficulties you are facing with your Autistic child: Bromley Mencap :

<http://www.bromleymencap.org.uk> and, CASPA : <https://caspabromley.org.uk/> Bromley Children Project - the Cygnet parent course for parents of children with social communication difficulties and ASD (the child does not have to have a formal diagnosis to attend).

https://www.bromley.gov.uk/info/200071/parental_support/769/bromley_children_project

For families with children with ADHD symptoms and challenging behaviours, Bromley Children Project run regular courses for parents Bromley Children Project:

https://www.bromley.gov.uk/info/200071/parental_support/769/bromley_children_project

For families with children who have complex medical needs, ASD and Special Educational Needs and Disabilities. The Maypole Project offers family support, respite outings and therapies. The Maypole Project: <https://www.themaypoleproject.co.uk/>

Family Lives

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals. We believe that happy children come from happy families and currently support families to improve the outcomes for over 1 million children each year.

We recognise that the best way to support families is to provide professional, non-judgmental support and advice in a way that all members of the family can freely access. We provide this through our helpline, extensive advice on our website, befriending services, and parenting/relationship support groups. Nearly all of our services are accessible at no charge to parents and you can contact us 365 days a year.

Website: www.familylives.org.uk

Free Helpline: 0808 800 2222

Feeling Low

Feeling low includes feeling sad, having trouble sleeping and a change in appetite.

KOOTH

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet, desktop, and free at the point of use.

Bishop Challoner Schoolworks alongside KOOTH and further details can be obtained from Pastoral Teams.



Mood Café

Mood Café is an online resource that has useful resources on how to deal with depression, such as relaxation techniques, online CBT and many more.

www.moodcafe.co.uk

Young Minds

We are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We are here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. However, for those who take that brave step, help is much too hard to find.

Together, we are changing this. We are fighting for young people's mental health. Join our fight.

0808 802 5544

www.youngminds.org.uk

YOUNG MINDS are
fighting for young people's mental health

Body Image Worries

Negative eating habits that can negatively affect a person's physical or mental health. They include eating too much, or not eating at all.

Eating Disorder Service

Eating Disorders Residential Service (Bromley) is a community-based, national residential rehabilitation service. We provide assessment, treatment and care for people, aged over 18, who have eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder or mixed eating disorder symptoms (where an eating disorder has not been specified).

National services are for people who live throughout the United Kingdom.

Our service is for people who have severe and ongoing eating disorders and have previously needed long periods of treatment in hospital.

We help people to identify and focus on their emotional, physical, social, education and work related needs. Our therapy includes practical assistance in the preparation and cooking of meals and snacks, to help with the move from hospital to independence at home.

Address: Denbridge House,
2 Wells Road,
Bickley Park,
Bromley,
Kent,
BR1 2AJ

eating.disorder@nelft.nhs.uk

Beat Eating Disorders

Beat is the UK's eating disorder charity. We began life in 1989 as the first national charity for people with eating disorders because of a merger of two local charities. Called the Eating Disorders Association, we have grown and developed over time to become Beat.

We exist to end the pain and suffering caused by eating disorders. We are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.

Phone line: 0808 801 0677

Youth line: 0808 801 0711

Student line: 0808 801 0811

www.beateatingdisorder.org.uk



Emotional Distress

Emotional distress can lead to self-harm, which is when someone intentionally damages or injures their body. It is usually a way of coping with, or expressing, overwhelming emotional distress.

The Samaritans

Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

Every six seconds we respond to a call for help.

Every year, we answer more than 5 million calls for help by phone, email, SMS, letter, face to face at one of our local branches and through our Welsh language service.

We are here 24/7, before, during and after a crisis.

Whether it's an 'are you ok?' at just the right moment, or the midnight support of a trained volunteer; whether it's better training in the workplace or campaigning for more investment in national and local suicide prevention – we're here.



Our charity works to make sure there is always someone there, for anyone who needs someone.

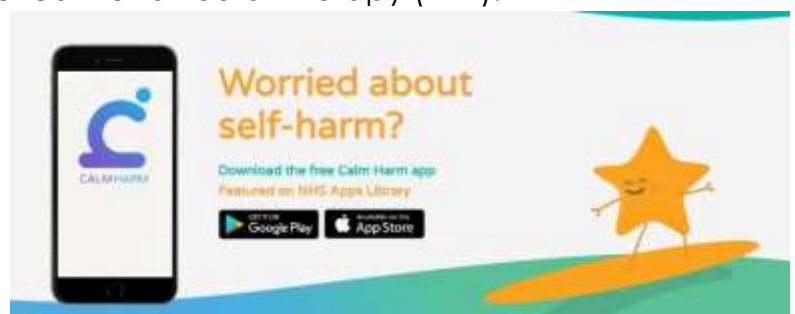
116 123

www.samaritans.org

Calm Harm – Self Harm App

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.



Substance Misuse

Substance misuse is the misuse of negative substances, such as drugs and alcohol.

Talk to Frank

Frank is a national drug education programme designed to educate young people of the effects of drugs.

www.talktofrank.com



Change, Grow, Live

Our service is for any child or young person in Bromley who is thinking about taking drugs, is already using drugs, or is affected by someone else using drugs and alcohol. This could be a parent or carer or someone else important in your life.

You don't have to be addicted to substances to want a bit of advice, and you don't have to be ready to give up to talk to us. We can work with you at school, visit you in your local community, walk and talk or offer support by phone.

<https://www.changegrowlive.org>



More Resources

Anxiety and Depression

GoZen Website for Young People and Parents.

Sitting Still like a Frig by Eline Suel Breaking

free from OCD (self help book) Online

counselling www.blurtitout.org Online

counselling www.bigwhitewall.com

Managing and monitoring anxiety www.getselfhelp.co.uk

Bereavement Resources

Child Bereavement UK

Anna Freud Centre – Podcast ‘Child in Mind’ and ‘what is Trauma’.

Winston’s Wish Books

Parental Support and Advice

Early help is about supporting families who are struggling with the day-to-day challenges they are facing. This could be when first becoming a parent or when a parent first faces a challenge that they feel they need help to manage, regardless of the age of their children, (pre-school, school age or leaving school).

What do we offer?

We offer a range of services within one team, as well as linking with other agencies such as Health Visitors, which makes it easier for families to get the right help, at the right time, from the right people. In Bromley our early help is known as early intervention and family support services and includes:

- [Bromley Children Project - family support and parenting offer](#)
- [Children and Family Centres - a wide range of services, activities and support for families](#)
- [Common assessment framework \(CAF\) team](#) - a whole family assessment tool for professionals supporting families so the family only have to “say it once”
- [Information advice and support service](#) - supporting young people, and parents/carers of children and young people, with disabilities and special educational needs to access the right support packages and an Education Health and Care (EHC) Plan

Parent of Autistic Children Together (PACT)

Support for autism.

020 8220 0090

www.pact-uk.co.uk

Relate Family Counselling

Family support

01708 441 722

www.relate.org.uk

Our Pact

Parent Control for Social Media, Devices, Internet and Texting Access

www.ourpact.com

Bullying UK

www.bullying.co.uk

Reviewed by: K Brooker

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Next Review: April 2024