

## Mental Health & Wellbeing Support

At Kickstart we offer support for mental health and emotional wellbeing. If you have any concerns around your child's emotional or mental health, please contact our pastoral team, Mr Ford or Miss Kimm.

### Some common Mental Health Conditions & Concerns:

#### Self-harm

Self-harm describes any behaviour where a young person causes harm to themselves in order to cope with thoughts, feelings or experiences they are not able to manage in any other way. It most frequently takes the form of cutting, burning or non-lethal overdoses in adolescents, while younger children and young people with special needs are more likely to pick or scratch at wounds, pull out their hair or bang or bruise themselves.

#### Online support

SelfHarm.co.uk: <https://www.selfharm.co.uk/>

National Self-Harm Network: [www.nshn.co.uk](http://www.nshn.co.uk)

#### Depression

Ups and downs are a normal part of life for all of us, but for someone who is suffering from depression these ups and downs may be more extreme. Feelings of failure, hopelessness, numbness or sadness may invade their day-to-day life over an extended period of weeks or months, and have a significant impact on their behaviour and ability and motivation to engage in day-to-day activities.

#### Online support

Depression Alliance: [www.depressionalliance.org/information/what-depression](http://www.depressionalliance.org/information/what-depression)

#### Anxiety, panic attacks and phobias

Anxiety can take many forms in children and young people, and it is something that each of us experiences at low levels as part of normal life. When thoughts of anxiety, fear or panic are repeatedly present over several weeks or months and/or they are beginning to impact on a young person's ability to access or enjoy day-to-day life, intervention is needed.

#### Online support

Anxiety UK: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## Obsessions and compulsions

Obsessions describe intrusive thoughts or feelings that enter our minds which are disturbing or upsetting; compulsions are the behaviours we carry out in order to manage those thoughts or feelings. For example, a young person may be constantly worried that their house will burn down if they don't turn off all switches before leaving the house. They may respond to these thoughts by repeatedly checking switches, perhaps returning home several times to do so. Obsessive compulsive disorder (OCD) can take many forms – it is not just about cleaning and checking.

### Online support

OCD UK: [www.ocduk.org/ocd](http://www.ocduk.org/ocd)

## Suicidal feelings

Young people may experience complicated thoughts and feelings about wanting to end their own lives. Some young people never act on these feelings though they may openly discuss and explore them, while other young people die suddenly from suicide apparently out of the blue.

### Online support

Prevention of young suicide UK – PAPYRUS: [www.papyrus-uk.org](http://www.papyrus-uk.org)

On the edge: ChildLine spotlight report on suicide:  
[www.nspcc.org.uk/preventingabuse/research-and-resources/on-the-edge-childline-spotlight/](http://www.nspcc.org.uk/preventingabuse/research-and-resources/on-the-edge-childline-spotlight/)

## Eating problems

Food, weight and shape may be used as a way of coping with, or communicating about, difficult thoughts, feelings and behaviours that a young person experiences day to day. Some young people develop eating disorders such as anorexia (where food intake is restricted), binge eating disorder and bulimia nervosa (a cycle of bingeing and purging). Other young people, particularly those of primary or preschool age, may develop problematic behaviours around food including refusing to eat in certain situations or with certain people. This can be a way of communicating messages the child does not have the words to convey.

### Online support

Beat – the eating disorders charity: [www.b-eat.co.uk/about-eating-disorders](http://www.b-eat.co.uk/about-eating-disorders)

Eating Difficulties in Younger Children and when to worry:  
[www.inourhands.com/eating-difficulties-in-younger-children](http://www.inourhands.com/eating-difficulties-in-younger-children)

## Where to get support:

### School Based Support

**Mental Health First Aider** – Miss Kimm can offer support and guidance as well as referring to appropriate support. This is available to all students in the intervention room on a drop-in basis.

**Designated Safeguarding Leads** – If you have concerns about the safety of your child, please contact our designated Safeguarding Leads: Mr Cash or Mr Ford.

### Local Support

<https://www.childrenssociety.org.uk/beam/shropshire>

**Beam** Emotional Wellbeing Drop-in for children and young people under 25. Run by the Children's Society. Drop-ins are held Mondays and Tuesdays 12pm-7pm and Saturdays 11am-4pm at 9 Market Square, Wellington, Telford TF1 1BP.

<https://www.rechargeelford.org.uk/>

**Recharge Telford** supports under 21's to overcome their individual barriers, providing group projects and support with Drug & Alcohol Addiction & Emotional Well-Being. Recharge provides a variety of sessions at their centre in Burford, Brookside, Telford TF3 1LP.

<https://telford-mind.co.uk/>

**Telford Mind** run a 16-25 peer support group on Wednesdays 4-5.15pm at Court Street Medical Practice, Madeley. Young people can self-refer at [talk2@telford-mind.co.uk](mailto:talk2@telford-mind.co.uk)

<https://www.kooth.com/>

Kooth provides an anonymous 24-hour online service offering peer support, self-help and have trained counsellors to talk to. Anyone aged 11-25, living in Shropshire and Telford & Wrekin, can register to access this service and you don't need to be referred or have an appointment. Whilst the website is available 24 hours, there will be someone to talk to online at the following times: 12:00 to 22:00 (Monday to Friday), 18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

<https://www.themix.org.uk/get-support/speak-to-our-team>

The Mix is a national organisation which offers essential support for under 25s.

<https://www.childline.org.uk/get-support/>

Childline is here to help anyone under 19 in the UK with any issue they're going through. Childline is free, confidential and available any time, day or night. Call 0800 1111.