

## CELEBRATING WORLD MENTAL HEALTH DAY: 10 OCTOBER 2019

Rotherham MAST works across Maltby Learning Trust, offering specialist mental health interventions for children, support for staff and training for frontline professionals.

### **ROTHERHAM MAST:**

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### **MENTAL HEALTH**

Everyone has mental health, in the same way that everyone has physical health. Unfortunately, 'mental health' still carries a degree of stigma for some people and the phrase 'emotional wellbeing' is often used instead. However, mental health can and should be good, enabling us to make positive choices, enjoy life, have healthy relationships and achieve in the workplace.

Mental health is defined by WHO as, ***'a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.'*** (April 2014)

### **DID YOU KNOW?**

**Smiling prompts the release of mood-boosting neurotransmitters; a smile therefore makes ourselves feel good as well as those around us**

Mental health exists on a spectrum; it is normal to have some bad days when we feel in low spirits and irritable. Having good mental health means that we are emotionally resilient and able to bounce back quickly. However, if a low mood persists, then it might be a sign that we need help. It is also important that we are alert to family members, friends, colleagues and children if we notice that they seem to be persistently exhibiting signs of poor mental health, which might include:

***Tiredness/Exhaustion; Difficulty sleeping; Irritability; Increased cynicism; Increased sensitivity; Failure to see the funny side; Tearfulness; Forgetfulness; Difficulty in concentrating/focusing; Avoiding friends/colleagues; Erratic eating***



## WORLD MENTAL HEALTH DAY: 10 OCTOBER 2019

The World Health Organisation celebrates World Mental Health Day each year on 10 October. This year's theme is suicide prevention. Rotherham has recently launched a new website which provides resources to help support people with significant low mood, and those around them, where suicidal feelings may be a risk. As with World Mental Health Day generally, this resource encourages us to 'talk, listen and care.' Take a look at: <https://www.be-the-one.co.uk/>

It is important we recognise that children, as well as adults can be affected by poor mental health. Young Minds uses World Mental Health Day to campaign for greater awareness and support. They also provide online resources at: <https://youngminds.org.uk/>

### DID YOU KNOW?

**On average, 3 children in every classroom have a mental health problem**

NHS England has also launched a new online resource which provides lots of tips on how we can look after ourselves and maintain positive mental health: <https://www.nhs.uk/oneyou/>

Remember: 5 key steps for positive mental health and wellbeing are:

### DID YOU KNOW?

Laughter really is the best medicine. The average adult laughs 17 times a day. Find out how laughter is good not just for our mental health but our physical health too:

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>

**Connect:** Give an old friend a ring, play a board game with your family, volunteer within your community

**Be Active:** Go for a brisk walk, go swimming, join a yoga class

**Keep Learning:** Learn a new language, take up gardening, join a book club

**Give to Others:** Praise a friend, lend a listening ear, arrange a surprise day out for a loved one

**Be Mindful:** Sit in a different place and look at the world from a different perspective, practice deep breathing, stand outside and notice birdsong

If you have any concerns about the mental health of a student, please contact the Safeguarding Team in your Academy.

If you are concerned for yourself or a colleague, contact [hr@maltbylearningtrust.com](mailto:hr@maltbylearningtrust.com) or [sgraham@maltbylearningtrust.com](mailto:sgraham@maltbylearningtrust.com)