



SAFEGUARDING

NEWSLETTER – Jan 2025

Mental Health Awareness Week: 3rd - 9th February 2025

Once again, we are approaching Mental Health Awareness week. This year's focus is on - **Know yourself and Grow yourself.**

The latest statistics show that 75% of mental illness starts before a person's 18th birthday.

1 in 5 children now have a probable mental health condition.

The Know yourself, Grow yourself theme looks at understanding ourselves with a view to understanding our emotions and feelings which will enable us to be more prepared for life's ups and downs.

Being self-aware means that we can understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel joy and what may cause sadness. It is also about understanding what makes each of us unique and encourages self-growth and appreciation alongside developing our skills and talents.

As part of the Know yourself and Grow yourself campaign we are encouraging students to –

Understand their emotions and feelings.

Create a journal.

Make space to reflect situations.



Further Support

For further support around emotions and understanding wellbeing please visit:

www.youngminds.org.uk

www.withmeinmind.co.uk

www.kooth.com

www.childline.org.uk

www.nspcc.org.uk