Mental Health and Wellbeing support booklet

Cardinal Newman Catholic School

Part of Holy Cross Catholic MAC

What is this booklet and how do I use it?

Everyone should care for their emotional health and wellbeing, and the staff at Cardinal Newman Catholic School fundamentally believe that if a child is positive, caring and reflective then they will be successful in life –both in their working and personal life. At times there is need to draw upon external support to help develop strategies to maintain emotional resilience. There can often be a stigma around accepting help for issues pertaining to mental health and wellbeing, but it should be seen to be a brave and strong decision.

At CNCS we will explicitly signpost students to external services so that they can draw upon these if they feel necessary.

The aim of this booklet is to:

1. Explain what mental health and wellbeing is and why it is important to be aware of these issues
2. Signpost the services and activities that we offer in school to support your child's mental health & wellbeing
3. Collate the services readily available to young people within our geographical area
4. Describe what these services offer and how you can access them
5. Provide a range of suggested apps that children can use to support with their day-to-day wellbeing

All the contact details for the organisations are included in this booklet, along with a brief description of their work and what they offer.

We are committed to supporting our community with their emotional health and wellbeing.

We hope that you find this booklet a helpful resource and if there is anything that you would like to discuss further to support your child's wellbeing or mental health then please contact your child's tutor, head of year or designated safeguarding lead.

Designated safeguarding Lead: Mr Lowe (thomas.lowe@hccmac.co.uk)

Deputy designated safeguarding lead: Mrs Galvin (deborah.galvin@hccmac.co.uk)

Safeguarding support: Miss Wastell-Mann (beth.wastell-mann@hccmac.co.uk)

Safeguarding email inbox: cns_safeguarding@hccmac.co.uk

Senior Mental Health & Wellbeing lead: Mrs Scanlon (sarah.scanlon@hccmac.co.uk)

What is mental health and wellbeing?

Mental health refers to our emotional, psychological, and social wellbeing. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

Wellbeing is a broader concept that includes mental health, but also covers physical health, relationships, sense of purpose, and overall life satisfaction.

Together, mental health and wellbeing are about feeling good emotionally, coping with challenges, building positive relationships, and being able to enjoy life.

Why Is Mental Health and Wellbeing Important for Students?

1. **Academic Success**
   Good mental health helps students concentrate, stay motivated, and perform better in school.
2. **Emotional Resilience**
   It supports students in managing stress, anxiety, and pressure—especially during exams or social challenges.
3. **Healthy Relationships**
   Positive wellbeing encourages kindness, empathy, and better communication with peers and teachers.
4. **Self-Esteem and Confidence**
   When students feel mentally well, they're more likely to believe in themselves and take on new challenges.
5. **Long-Term Health**
   Developing good mental health habits early can lead to a healthier, happier life in adulthood.

How can parents support with their child's mental health & wellbeing?

1. Build Strong Relationships

- **Create a safe and trusting environment** where the child feels valued and heard.
- **Spend quality time together**, showing interest in their thoughts and feelings.
- **Model healthy relationships** through respectful communication and empathy.

2. Encourage Open Communication

- Let children know it's okay to talk about their feelings.
- Use age-appropriate language to discuss emotions and mental health.
- Listen actively and validate their experiences without judgment.

3. Promote Healthy Routines

- Ensure regular sleep, nutritious meals, and physical activity.
- Maintain consistent daily schedules to provide structure and security.
- Limit screen time and encourage offline activities.

4. Teach Emotional Regulation

- Help children identify and name their emotions.
- Teach coping strategies like deep breathing and mindfulness

5. Foster Self-Esteem and Resilience

- Celebrate effort and progress, not just outcomes.
- Encourage problem-solving and decision-making skills.
- Support them in setting and achieving realistic goals.

6. Create a Supportive Learning Environment

- Work with teachers to ensure the child feels safe and supported at school.
- Address bullying or social challenges promptly.
- Encourage participation in extracurricular activities that build confidence.

7. Be Alert to Warning Signs

- Watch for changes in behaviour, mood, sleep, or appetite.
- Take note of withdrawal, aggression, or excessive worry.
- Seek help if concerns persist or escalate.

8. Normalise Seeking Help

- Talk positively about mental health and the support available.
- Share stories (when appropriate) of others who have benefited from support.
- Make sure the child knows it's okay to ask for help.

What do we currently offer in school to support your mental health and wellbeing?

- Highlight and take part in activities for Children's mental health week
- External speakers, such as Kooth, Loudmouth & Guiding Young Minds
- PSHE lessons on wellbeing and mental health
- PSHE drop down mornings
- Mindfulness Monday activities

- Trips
- Extra curricular activities
- Physical Education lessons
- Recognition programme to highlight and promote student success (ASPIRE points in lessons, rewards pod, termly awards and end of year awards evening)
- Passport to Greatness award in KS3 to reward success
- Oracy programme to allow students to be heard
- Student leadership opportunities (e.g. student council representatives, tutor monitors, anti-bullying reps, student librarians, reading mentors)
- Peer mentoring from Post 16 students
- Community interventions
- Eco representatives
- Restorative justice programme
- Counsellor
- Safeguarding team
- Personal Organiser – advice from Mind (pages 167-174)
- Mentoring by school staff
- Anti bullying work (such as anti-bullying week and processes to support)
- Regular student council meetings to allow students to discuss issues that are important to them, encourage active citizens and to support their wellbeing
- Refer students to the Mental Health in schools' team where necessary

What external organisations are there in the local area to support with mental health& wellbeing?

Young Minds

Providing specialist mental health support 24/7 to children and young people. Offering information, support and advice around all matters concerning a young person and their mental health.

Text YM to 85258 for free 24/7 support

Phone: 0808 802 5544 (Monday to Friday: 9:30am-4pm)

YoungMinds | Mental Health Charity For Children And Young People | YoungMinds

Kooth

Free, safe and anonymous mental wellbeing support. They listen, counsel and support. Offering a huge library of content, self-help tool and activities.

Join Kooth: Home - Kooth

Digital Mental Health Care - Kooth plc

Shout

A 24 hour free text service for all struggling to cope and needing support.

Text SHOUT to 85258

Free, 24/7 mental health text support in the UK | Shout 85258 (giveusashout.org)

Positive Choices Coventry

Offering free and confidential advice and support to young people around drinking, drugs, relationships and sexual health. For children and young people aged 5-25.

Email: coventryyp.info@cgl.org.uk

Contact Details: Help with drinking, drugs, relationships, sexual health - Coventry (changegrowlive.org)

Positive Choices - Coventry service for young people (changegrowlive.org)

ChildLine

A free and confidential 24 hour helping for children and young people who need to talk about anything. Contact via phone, email or 1-1 chat with a counsellor. They provide message boards for young people to support each other.

Telephone: 0800 1111

Email (By signing up for free): Login | Childline

1-1 Counsellor Chat: 1-2-1 counsellor chat | Childline

Message Boards: Message boards | Childline

NSPCC

UK children's charity preventing abuse, rebuilding children's lives and supporting families. Provides advice and support to adults worried about a child.

Telephone: 0808 800 5000 – 24/7

NSPCC | The UK children's charity | NSPCC

Mind

Providing advice and support on mental health problems, self-harm and local help and support within England. Crisis resources, emergency advice and A-Z mental health information.

Telephone: 0300 123 3393 – Weekdays 9am-6pm

Email: info@mind.org.uk

Coventry Rape and Sexual Abuse Centre (CRASAC)

A crisis centre providing specialist support to those who have experienced sexual violence directly or indirectly.

Home - CRASAC - Coventry Rape and Sexual Abuse Centre

Helpline Number: 024 7627 7777 (24 hour - answerphone)

Main Office Number: 024 7627 7772

Email: helpline@crasac.org.uk

Early Help (*soon to be known as Families First)

Early Help is a partnership of organisations providing help, advice and support as soon as a problem emerges. With the aim to provide support as quickly as possible to prevent it getting worse. Services offered to families, children and young people, pre-birth to 19 years / 25 years where there are special educational needs or disabilities

Early Help Advice Hub: 01823 355 803

Support Request: Early Help - Request for support - Introduction - Coventry City Council Email:

earlyhelp@coventry.gov.uk

School Nursing Team

https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-familyhttps://www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-yearshealth-and-lifestyle-service-0-19-years

www.healthforteens.co.uk

Chat Health Texting Service: 07507 331 949 for 11-18 year olds

Parent advice: 02476 189 190 8:30am – 4:30pm Mon-Fri or text 07507 329114

Coventry Boys and Girls Club (Youth Services)

https://www.covboysandgirlsclub.co.uk/

Tel: 02476 224 975

Rise

Home | CAMHS (cwrise.com)

Hub Number: 0300 200 2021

CAHMS: 024 76961 368

Neuro-Development Team: 024 76961 226

Crisis Team: 024 76641 799

Coventry Multi Agency Safeguarding Hub (MASH)

Tel: 02476 788 555

Email: mash@coventry.gov.uk

There are links to further support agencies on our school website to support with a range of issues

Helpful Apps to support with mental health and wellbeing

SuperBetter
A free app which helps build personal resilience created by game designers.

Headspace
Guided meditation and mindfulness.

Calm Harm
An app to help people to resist the urge to self-harm.

Smiling Mind
Uses mindfulness to boost calmness, contentment and clarity.

Mindful Gnats

An app to help young people develop mindfulness and relaxation skills.

MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises

MoodGYM

MoodGYM is free, fun, interactive app to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training

Recovery Record

This is the start companion for managing your journey to recovery from easting disorders.

RiseUp + Recover

Rise Up + Recover is just the app if you struggle with food, dieting, exercise ad body image.