

Find out more . . . Use the resources below to find out more about mental health and wellbeing:

The **Mental Health Foundation** website has a useful A-Z of key mental health topics: <https://www.mentalhealth.org.uk/a-to-z>

Mind have a whole range of information and support information for children and parents on their website: <https://www.mind.org.uk/information-support/a-z-mental-health/>

Young Minds provide useful information for young people and their parents about mental health, seeking treatment and the mental health system: <https://youngminds.org.uk/shop/publications/c-23/c-70>

The **NHS** website is a useful place to find out about all kinds of illnesses, including mental health problems: <http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Mind Ed for Families is a site developed by Health Education England and the Department of Education to help families understand and support their children, from parenting tips to getting help in a crisis. <https://www.minded.org.uk/families/index.html>

Headspace has some useful audio and video clips about different conditions and people's experiences, as well as some mindfulness resources.

Child Protection at The Rowans - Important contacts

Designated Safeguarding Leads

Miss Johnson: Executive Head Teacher
Caron.johnson@therowansap.co.uk

Mrs May: Head Teacher
fiona.may@therowansap.co.uk

Miss Webb: SENCO
gwen.webb@therowansap.co.uk

Deputy Designated Safeguarding Leads

Miss Jones: Welfare and Attendance Lead
rebecca.jones@therowansap.co.uk

Jo Skinner: Inclusions, Interventions & Mental Health Lead
joanne.skinner@therowansap.co.uk

Mrs Bowley: Lead Teacher Primary SEN
Tracey.bowley@therowansap.co.uk

Mr May: 2nd In Charge Primary SEN
ian.may@therowansap.co.uk

Trustee for Safeguarding

Karen Price
Karen.price@therowansap.co.uk

The school's safeguarding and child protection policy is available on our website:
[https://www.therowans.org/policies and info/policies](https://www.therowans.org/policies-and-info/policies)

The Rowans AP Academy

Mental Health Support for Parents and Carers




Please take a leaflet and seek support from us

Silverbank, Churchill Avenue
Chatham, Kent ME5 0LB
01634 33 8803
Email – office@therowansap.co.uk

www.therowans.org

 @TherowansAP

 The Rowans AP Academy

When times get tough . . . Sometimes you might worry about your child's mental health. Whilst you might need to speak to a member of school staff or your GP for advice, here are a few things you can do if you're worried.

Let your child know that you're concerned

Explain why you feel that way, e.g. if you've noticed they haven't been interested in activities they usually enjoy.

Use activities that you do together to have conversations about how they are doing

Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.

Let them know that struggling sometimes is normal and nothing to be ashamed of

Tell them about the mental health spectrum and that we all, including you, go up and down the scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.

Listen and empathise

Often the first step to feeling better is feeling connected and knowing that someone is alongside you. Empathy helps young people (and adults) connect. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.

Top Tips for how you can support your child's mental health

Day to day . . . Our everyday habits are important to our mental health, just as they are to our physical health. Here are a few suggestions to help your child develop good habits.

Are there things you can encourage them to do, or do together, each day?

Talk openly about mental health

Just as you might encourage them to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself), talk openly about, for example, staying connected with others or being physically active in order to take care of our minds.

Model good habits

Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.

Think about phone usage - both theirs and yours

We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health.

We're also more likely to listen to one another if we're not distracted by technology.

Notice any changes in your child's behaviour

Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling.

What is mental health?

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage the full range of emotions. These can range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.



Mental health spectrum

Mental health and mental illness are part of a 'spectrum' just as physical health and illness are. Throughout our lives, many different things can lead us to move up and down the spectrum such as the start or end of relationships, getting a new job or being made redundant, changes in physical health and good news or worries about those we are close to. It is important to remember that recovery is possible, even from severe mental