

SUPPORT FOR PARENTS & CARERS

Possible Warning Signs



There are many signs which indicate that a young person is / could be experiencing mental and emotional health issues.

FACT: 1 in 5 Children experience a mental health condition in a year



Williamwood High School fosters the development of the whole child, with this, Health and Wellbeing is truly at the core of everything that we do.

As a school we have been continuing to lead pupils and staff in raising the awareness of health and wellbeing in the widest sense, looking at developing social, emotional and physical

This leaflet has been designed to assist parents and carers by providing key information that can be a great support when dealing with mental health.

- Changes in eating/ sleep habits
- Changes in activity level e.g. giving up hobbies
- Increased isolation from friends/ family
- Becoming socially withdrawn
- Changes in clothing – long sleeves in summer
- Changes in academic achievement
- Signs of physical harm that are repeated or appear non-accidental
- Failure to take control of personal experience
- Talking/ joking about self-harm or suicide
- Abusing drugs/ Alcohol
- Changes in activity/ mood
- Repeated physical pain or nausea with no evident cause
- Increased lateness/ absenteeism
- Secretive behaviour
- Difficulties with peer relationships
- Spending more time in the bathroom
- Seeming overly cheery after a bout of depression

Sources of Support:

- Pupil Support Teacher
- Year Head
- Samaritans – call free – UK (116 123)
- GP – Contact your local GP

Responding to your child's mental health is an important role as a parent/carer. Knowing your child and building a positive, trusting relationship with your child is at the heart of responding to their needs. Make sure to take time to talk and listen to your child. Spend quality time with them to ensure that they feel valued, safe and most importantly loved.