



Lindsworth School

Supporting Mental Health for Young People



At Lindsworth School, we understand the vital role that mental health plays in the lives of our students. Supporting young people in maintaining a healthy mental balance is key to their happiness, resilience, and academic success. This newsletter aims to provide guidance on fostering positive mental health and highlight the support available to both you and your child.

Why Mental Health Matters

Teenage years are a critical period for mental health development. Young people often face challenges such as academic pressures, social relationships, and self-identity. Ensuring their mental well-being helps them to navigate these challenges with confidence and develop essential life skills.

Healthy mental health is not just the absence of illness; it includes the ability to:

- ✓ Manage emotions effectively
- ✓ Maintain positive relationships
- ✓ Build self-esteem and confidence
- ✓ Cope with stress and setbacks

How to Support Your Child's Mental Health

Here are some practical ways you can help your child maintain good mental health:

1. **Encourage Open Communication:** Make time to talk to your child about their thoughts and feelings. Listen without judgement and show understanding.
2. **Promote Healthy Routines:** Ensure they get enough sleep, eat balanced meals, and engage in regular physical activity. These habits have a profound effect on mental well-being.
3. **Monitor Social Media Use:** Help your child balance screen time with offline activities and encourage them to maintain a positive digital presence.
4. **Teach Stress-Management Techniques:** Breathing exercises, mindfulness, or even hobbies like art and music can help young people manage stress.
5. **Model Positive Behaviour:** Demonstrate how to handle stress, talk about emotions, and seek help when needed.





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Who to Speak to if You Are Concerned

If you have any concerns about your child's mental health, we are here to support you.

You can:

- **Contact Your Child's Pastoral Manager:** They can offer advice and guidance tailored to your child's needs.
- **Speak to our Mental Health Lead:** Julie Coombs
- **Speak to Your GP:** A general practitioner can assess your child and refer them to specialist services if necessary.
- **Reach Out to Local Support Services** (see below)

Local Resources in Birmingham

Forward Thinking Birmingham: Offers mental health support for people aged 0-25. Call 0300 300 0099 or visit their website for more information.

Pause (by The Children's Society): A drop-in service for young people experiencing mental health challenges.

Kooth: A free, confidential online counselling service for young people. Visit www.kooth.com.

We're Here to Help

At Lindsworth School, we prioritise the well-being of our students. If you have any concerns or need support, please don't hesitate to reach out to us. Together, we can create a nurturing environment that promotes positive mental health for all.

