

# Mental Health

NEWSLETTER

FEBRUARY 2024

## WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.



## Did you know?

One in **five** children aged 5 to 16 were identified as having a probable mental health disorder in 2023. That's **6** children in every classroom!

Source; Mental Health of Children and Young People Survey, NHS 2023 )

## SIGNS TO LOOK OUT FOR

There are lots of different ways that poor mental health in young people can present.

This includes;

- Crying more than usual or persistent sadness
- Disrupted sleep patterns
- Difficulty in concentrating
- Losing interest in friends and other things they like doing
- Being reluctant to talk
- Irritability and aggression, particularly if this includes unprompted outbursts.
- Changes in appetite or rapid weight loss or weight gain.

The NHS logo, consisting of the letters 'NHS' in white on a blue background.

THE NHS HAS MORE INFORMATION  
ON SIGNS TO LOOK OUT FOR [HERE](#)



# ADVICE AND SUPPORT

There are a number of services and charities that can offer advice and support on all areas of mental health in young people. Click on the logos to head straight to their website!



**YOUNG MINDS**



FIND LOCAL MENTAL HEALTH SUPPORT [HERE](#)



**NSPCC**



## Key February dates

- Time to Talk day - 1st
- Children's Mental Health Week - 5-11th
- Safer Internet day - 6th
- Eating Disorders Awareness Week - 25th-2nd March

The Place2Be's Children's Mental Health Week takes place from the 5-11th February and aims to shine a spotlight on the importance of children and young people's mental health. Now in its ninth year, they hope to encourage more people than ever to get involved, spread the word, and raise vital funds for children's mental health.

Find out more about how you can get involved [here!](#)

TIME TO TALK DAY, FIND OUT MORE [HERE!](#)



LET'S GET SOCIAL

