



**Relentlessly Pursuing Excellence**

## **Safeguarding Parent Newsletter - Friday 11 October** **Latest advice and guidance for parents and carers**

### **Great Wyrley Academy Safeguarding Team**

The Great Wyrley Academy Safeguarding Team has been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent or school staff member to discuss and report any safeguarding concerns.

**Designated Safeguarding Lead:** Mr M Rehman

**Deputy Designated Safeguarding Leads:** Mrs M McCarthy, Mrs J Foyle, Mr J McFarlane, Mr T Drury, Mrs A Drury, Mrs S Herrington, Mr J Studholme, Miss C Mrs C Chin, Mr C Pattinson

### **Overview**

Welcome to our latest edition of the Newsletter from the Great Wyrley Academy Safeguarding Team. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you.

At Great Wyrley Academy, both staff and students are trained and educated in many areas of safeguarding. Staff are informed of the signs and symptoms to look for and be aware of, that could be an indication that there is a concern and how to report concerns. Students are given appropriate information into safeguarding topics and given strategies on how to stay safe.

This issue will cover: **Mental Health**

## **Mental Health issues.**

Thursday 10th October is World Mental Health Day.

Why is raising awareness of mental health so important?

- Recent statistics show a growing concern around teenage mental health issues in the UK.
- As per the Office for National Statistics (2021), about one in seven young people aged 11-16 have reported experiencing some form of mental health problem.
- Shocking data from March 2024 reveals that over 270,300 children and young people are still waiting for mental health support from Children and Young People's Mental Health Services (CYPMHS).
- Anxiety and depression are the most common mental health issues among young people.
- The Guardian (August 2024) reports that 3 children and young people in the UK are referred to CAMHS every minute, or almost 4000 a week, for anxiety-related mental health problems.
- Current numbers are likely underreported, indicating that teenage mental health issues could be even higher.

## **Common Mental Health issues in teenagers.**

- Anxiety disorders: characterised by excessive worry, fear, and nervousness.
- Depression: a persistent feeling of sadness or loss of interest in activities once enjoyed.
- Eating disorders: unhealthy eating habits such as anorexia, bulimia, or binge eating.
- Self-harm: deliberate harm to one's body without the intent to die.
- Substance abuse: misuse of drugs or alcohol to cope with emotional distress.
- Suicidal thoughts: persistent thoughts about ending one's life.
- Stress: although not strictly a mental health issue, stress is a state of mental or emotional strain caused by demanding circumstances that can lead to the development of mental health problems.

## What is causing the rise in Mental Health issues?

Teenagers today face a myriad of challenges that can affect their mental health. These issues often stem from both internal and external pressures:

### Academic Stress:

The pressure to perform well in school and secure a future can be overwhelming. Exams, assignments, and peer competition contribute significantly to stress and anxiety.

### Social Media Influence:

Constant exposure to social media can lead to unrealistic expectations and comparisons, fuelling feelings of inadequacy and low self-esteem.

### Family Dynamics:

Family problems, such as divorce or financial instability, can create an unstable home environment, adding to a teenager's emotional burden.

### Lack of Positive Relationships :

Teens may struggle to form meaningful relationships, leading to feelings of loneliness and isolation which can result in a lack of healthy friendships and positive relationships which are essential for healthy teenage development.

### Trauma:

Experiencing traumatic events like bullying, abuse, or loss can have long-lasting effects on a teenager's mental health. Relational trauma, such as emotional neglect or abandonment, can also significantly impact a teenager's well-being.

Trauma can also include the 'small t trauma' these are the upsetting situations often to do with relational trauma that young people don't have the resources to cope with and so internalise the traumatic event.

### Fear of the Future:

With the increasing pressure to make decisions about their future, teenagers may feel overwhelmed and anxious about their career prospects, financial responsibilities and what the future will look like for them contributing to anxiety and mental health issues

## How can we support young people with their mental health?

Understanding the signs and symptoms of these issues is crucial. For instance, a teenager with anxiety might exhibit restlessness, excessive worry, and physical symptoms like headaches or stomach aches. Depression can manifest as persistent sadness, loss of interest in activities, and changes in sleep and appetite.

Once warning signs are noticed by a teacher, professional, peer or parent it is important to act with early intervention and prevention.

The best way to support young people with their mental health is to talk about it.

Below are a number of ways we can support young people to try and open up about their mental health and help them to open up.

The resources for these activities can be found on this [link](#):

- **Chatterbox chats**
- **Hope clouds**
- **How many positives?**
- **Star qualities**
- **Resilience check-in**

Making a referral for children and young people's mental health and emotional wellbeing support in Staffordshire:

Child and adolescent mental health services are accessed via the Children and Families Single Point of Access (**CaFSPA**), bringing together children and young people's mental health services including school nursing and Action for Children.

- The CaFSPA can take telephone calls / referral forms from self-referral or from professionals.
- Referrals are screened and triaged by the CaFSPA.

Telephone: 0808 178 0611 Email referrals to: [CaFSPA@mpft.nhs.uk](mailto:CaFSPA@mpft.nhs.uk)

- **How to seek help- sources.**

- <https://www.mpft.nhs.uk/about-us/latest-news/children-and-families-single-point-access>
- <https://www.worthit.org.uk/blog/mental-health-teenagers>
- [Samaritans](#) (116 123) operates a 24-hour service available every day of the year. If you prefer to write down how you're feeling, or if you're worried about being overheard on the phone, you can email Samaritans at [jo@samaritans.org](mailto:jo@samaritans.org).
- [Childline](#) (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.
- [PAPYRUS](#) (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.
- [Depression Alliance](#) is a charity for people with depression. It doesn't have a helpline, but offers a wide range of useful resources and links to other relevant information.
- [Students Against Depression](#) is a website for students who are depressed, have a low mood or are having suicidal thoughts.
- [Bullying UK](#) is a website for both children and adults affected by bullying.