

What is mental health?

Everyone has mental health, and like physical health we can move between good and poor mental health.

Mental health is the state of our emotional, psychological, and social wellbeing. It affects how we think, feel and act. The state of our mental health determines how we handle stress, relate to others, and make choices.

What is mental illness?

Mental illness refers to changes in our thoughts, emotions, behaviours, and relationships. Mental illnesses are treatable.

St Peter's Catholic School Mental Health Policy

St Peter's and OLAAS are committed to promoting positive mental health for all pupils and staff. Please refer to [our policy](#) for further details.

Trained Mental Health First Aiders

The following staff members have received training in First Aid for Mental Health:

Mrs Crees, Supervising First Aid for Mental Health, Level 3 Award (adults and children)

Ms Yanez (adult)

Mrs Pate (adult)

Mr Carr (adult and children)

Mrs McHale (children)

Senior Mental Health Ambassador (Pupils)

Anna Jimmy, Y11

Role of Mental Health First Aiders

Mental Health First Aid trained staff are responsible for supporting staff and pupils with mental health issues by applying the CARE* First Aid Action Plan for Mental Health. Their role is not to diagnose mental health conditions, they are there to provide a listening ear, reassurance, and signpost sources of information and/or professional medical support.

***C** Check for significant risk of self-harm or suicide

A Apply non-judgmental communication skills

R Reassure and provide information

E Encourage professional support and self-help strategies

Sources of Help and Support for Mental Health and Mental Illness

| Mental Health Issue | Source | Further Information |
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| IAPT General Advice and Mental Health Services | NHS Choices | Provides a wealth of information and advice about NHS mental health services |
| | Call 111 | If you need help urgently for your mental health, but it's not an emergency, get help from NHS 111 online or call 111 |
| | Call 999 | If you or someone else is in danger, call 999 or go to A&E now |
| | Kooth | Online mental health community. Free, anonymous, support. |
| | MIND | Promotes the views and needs of people with mental health problems |
| | Living Well Consortium | Provides free mental health services to Birmingham and Solihull residents. |
| | Healthy Mind Service | Free NHS service for people with mild and moderate symptoms of anxiety and low mood. |
| | Young Minds Parents Helpline | Advice and support helpline for anyone worried about a child or young person under 25. |
| | Childline 0800 1111 | Online, on the phone, anytime |
| | Rethink Mental Illness | Advice and support for a range of mental health conditions |
| | SANE | A forum which allows people to share their feelings and provide mutual support to anyone with mental health problems. |
| | Samaritans or call 116 123 | 24-hour helpline for people struggling to cope |
| Drug or alcohol misuse | Adfam | Support and information for family and friends of people with drug or alcohol problems |
| | Alcoholics Anonymous | National network of local alcoholics to help with recovery from alcoholism |
| | Drinkaware | Aims to reduce alcohol misuse and harm |

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| | DrugWise | Provides drug information, which is topical, evidence-based and non-judgmental |
| | FRANK | Offers free confidential information and advice 24 hours a day |
| | We are with you | Services for people who are dependent on drugs and alcohol, and their families |
| Depression | Depression UK | A self-help organisation made up of individuals and local groups |
| | Young Minds | A charity fighting for young people's mental health |
| | Depression - Royal College of Psychiatrists | Information leaflet for anyone who has been feeling down, distressed, overwhelmed or hopeless and their families and friends |
| | Living with a black dog | A video guide for those that suffer from depression and their friends and family |
| Anxiety | Anxiety UK | Advice and support for people living with anxiety |
| | Fearfighter IOS Fearfighter Android | An app based self-paced CBT programme for those that suffer with anxiety, phobias or feelings of panic |
| PTSD (Post Traumatic Stress Disorder) | ASSIST Trauma Care | Information and specialist help for people with PTSD and anyone supporting them. |
| | Combat Stress | Treatment and support for British Armed Forces Veterans who have mental health problems. |
| | Rape Crisis | Providing a range of services for women and girls who have experienced abuse, domestic violence and sexual assault. |
| | Disaster Action | Information and support for people affected by major disasters in the UK and overseas. |
| | Victim Support | Providing support and information to victims or witnesses of crime. |

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| Self-harm | <u>Harmless</u> | Provides a range of services for people who self-harm and their friends and families. |
| | <u>National Self-harm Network</u> | Provides a range of services for people who self-harm and their friends and families. |
| Suicide | <u>CALM (Campaign Against Living Miserably)</u> | Listening services, information and support for men at risk of suicide. |
| | <u>PAPYRUS HOPELINE</u> | Confidential support for under-35s at risk of suicide and others who are concerned about them. |
| | <u>Side by Side MIND</u> | Mind's supportive online community providing confidential help on mental health problems, including suicide. |
| | <u>Maytree Suicide Respite Centre</u> | Offers free respite stays for people in suicidal crisis. |
| Eating disorders | <u>B-EAT</u> | Beat is the UK's leading charity supporting anyone affected by eating disorders. |
| | <u>National Centre for Eating Disorders</u> | Everything you need to know about eating disorder treatments, information and professional training. |
| | <u>ABC Anorexia and Bulimia Care</u> | Providing on-going care, emotional support and practical guidance for anyone affected by eating disorders. |
| | <u>SEED</u> | A group of ordinary people with first-hand experience of eating disorders. |
| Personality disorders | <u>NAPAC</u> | A charity supporting adult survivors of any form of childhood abuse. Provides a support line and local support services. |
| | <u>Mind</u> | Provides a wealth of information and advice relating to personality disorders. |

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| Bipolar disorder | <u>Bipolar UK</u> | Support for people with bipolar disorder and their families and friends. |
| Psychosis | <u>Hearing Voices Network</u> | Information and support for people who hear voices and local support groups. |
| | <u>Voice Collective</u> | Supports children and young people who experience psychotic symptoms and offer support for their families. |
| | <u>Young Minds</u> | Support for young people affected by mental health, including psychosis. |
| | <u>National Paranoia Network</u> | Information and support for people who experience paranoid thoughts. |
| Schizophrenia | <u>Living with Schizophrenia</u> | A charity website managed by people with personal experiences of the condition. |