

Supporting your child's mental health and wellbeing

At Elsenham C. of E. Primary School, we want everyone involved with our school to feel well supported. All our staff model to pupils how to look after themselves and others; encouraging them to seek help, support or advice whenever they need it. We consult with a wide range of agencies including SET CAMHS (Southend Essex & Thurrock Child and Adolescent Mental Health Service), School Nursing Service, Social Services and Educational Psychologists to ensure the Emotional and Social Development needs of all pupils, including SEND children are met. We believe that a positive, supporting, and caring ethos is pivotal to a strong personal education, which provides the opportunity for pupils to develop high self-esteem. On a daily basis the class teacher is responsible for the pastoral and social care of children in their class, therefore this would be the parents /carers' first point of contact should further advice or support be required. Our teachers will then seek the support of the Pastoral Lead when required.

I am worried about my child

If their life is in immediate danger, call 999.

Does my child need mental health support?

Sometimes a child may struggle to cope with their feelings and might need support. Look out for:

- Sudden change in behaviour
- Sleep problems
- Avoiding school or not wanting to leave your side
- Negative thoughts or low self-esteem
- Arguing and fighting
- Unexplained aches and pains

These signs might not have anything to do with a mental health problem, but may have been triggered by an event or a cluster of events:

- Death or illness in the family
- Friendship problems
- Moving house / school
- Parents separating
- Puberty

What can I do at home?

As parents and carers, we play an important role in teaching children how to understand and manage their feelings:

- Be a role model – show how you cope with difficult feelings and look after yourself.
- Find time to talk – get them used to talking about their feelings whilst you are doing things together

- Play together – play helps children learn new things, problem solve and express feelings without words.

Parenting advice from mental health experts: (46 topics)

[Place2Be: Parenting Smart: Articles](#)

Additional information on child mental health and wellbeing:

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[MindEd For Families](#)

Telephone support:

SET CAMHS: 0800 953 0222

(For out of hours contact Mental Health Direct: 0800 995 1000)

Young Minds 0808 802 5544

Family Lives 0808 800 2222

Essex County Council Children & Families Hub 0345 603 7627