

Supporting Young people with Mental Health



Delivered by The Nest

Who are The Nest?



@The Hub

The Nest is a free and confidential mental wellbeing advice and support service for young people aged 11 – 25 in Southwark, Peckham. We offer early intervention and prevention for emotional and mental health issues. Young people can access wellbeing advice, 1:1 counseling services, group work, peer mentoring and virtual resources .

School Engagement @ The Nest



In your school

We offer assemblies, workshops and groups on mental health and wellbeing topics in primary and secondary schools.

We also provide training to school staff and parents/carers to educate and build confidence in addressing common mental health concerns experienced by children and young people.



Session Aims

Aim 1

- Understanding the barriers we all face when supporting YP with their mental health

Aim 2

- Scenario based examples

Aim 3

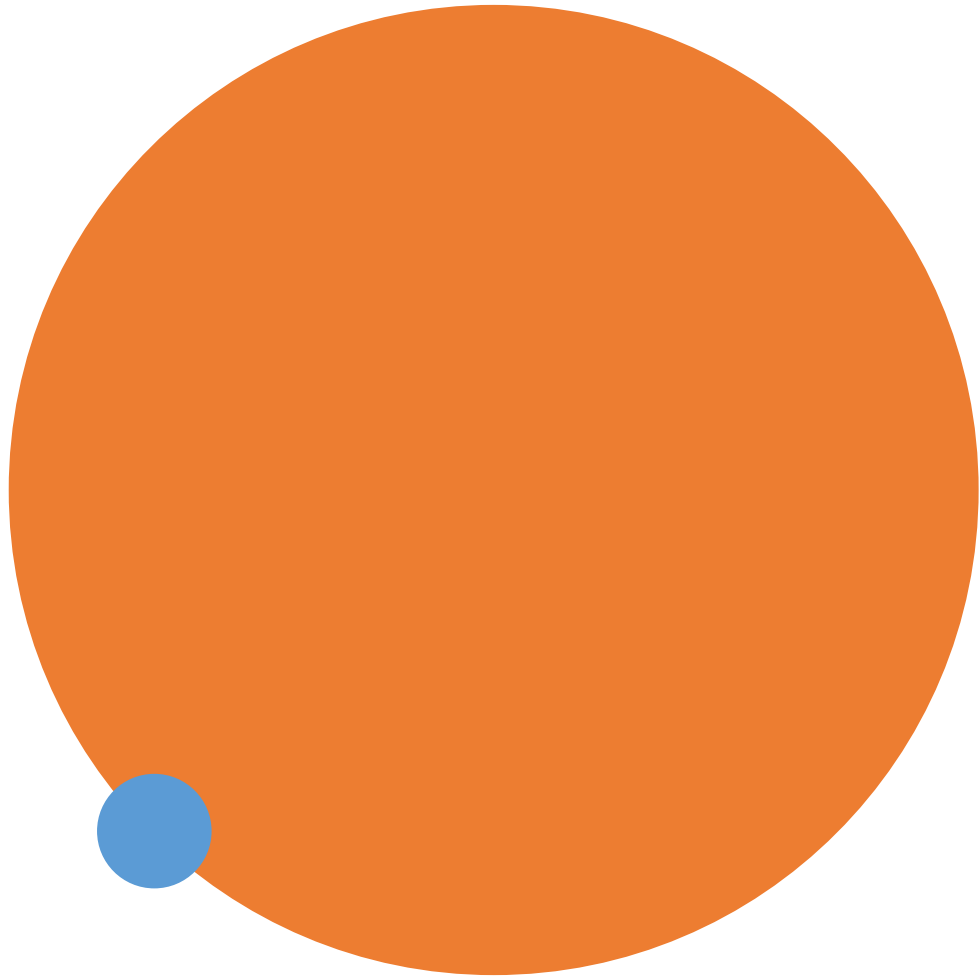
- The vicious cycle of anxiety

Aim 4

- Flipping the lid example and how that relates to different stages of regulation

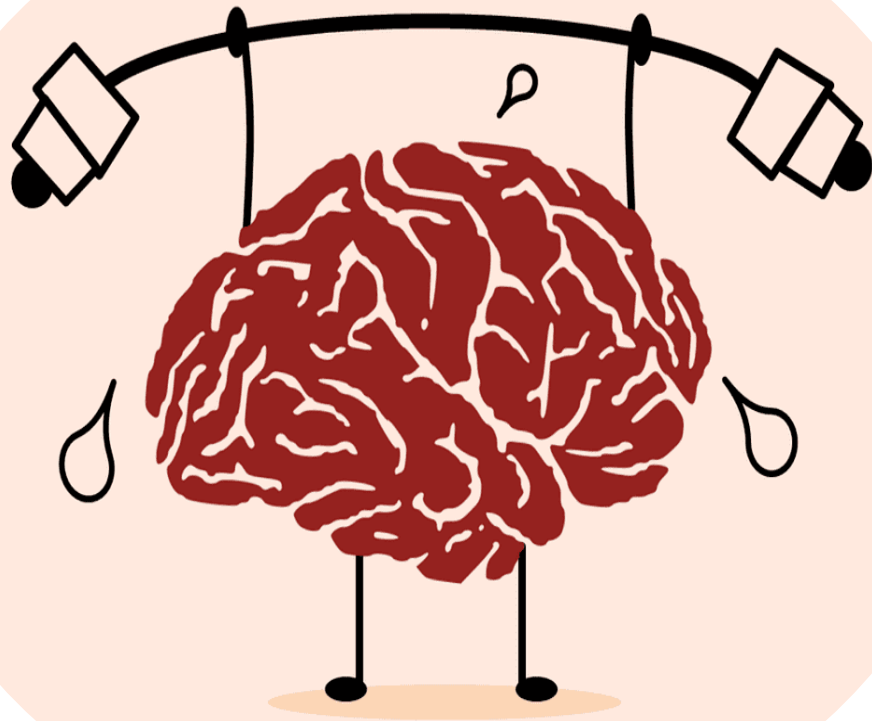
Aim 5

- The Importance of self care for you and why that effects the young people you are working with



What do you
think Mental
Health is ?

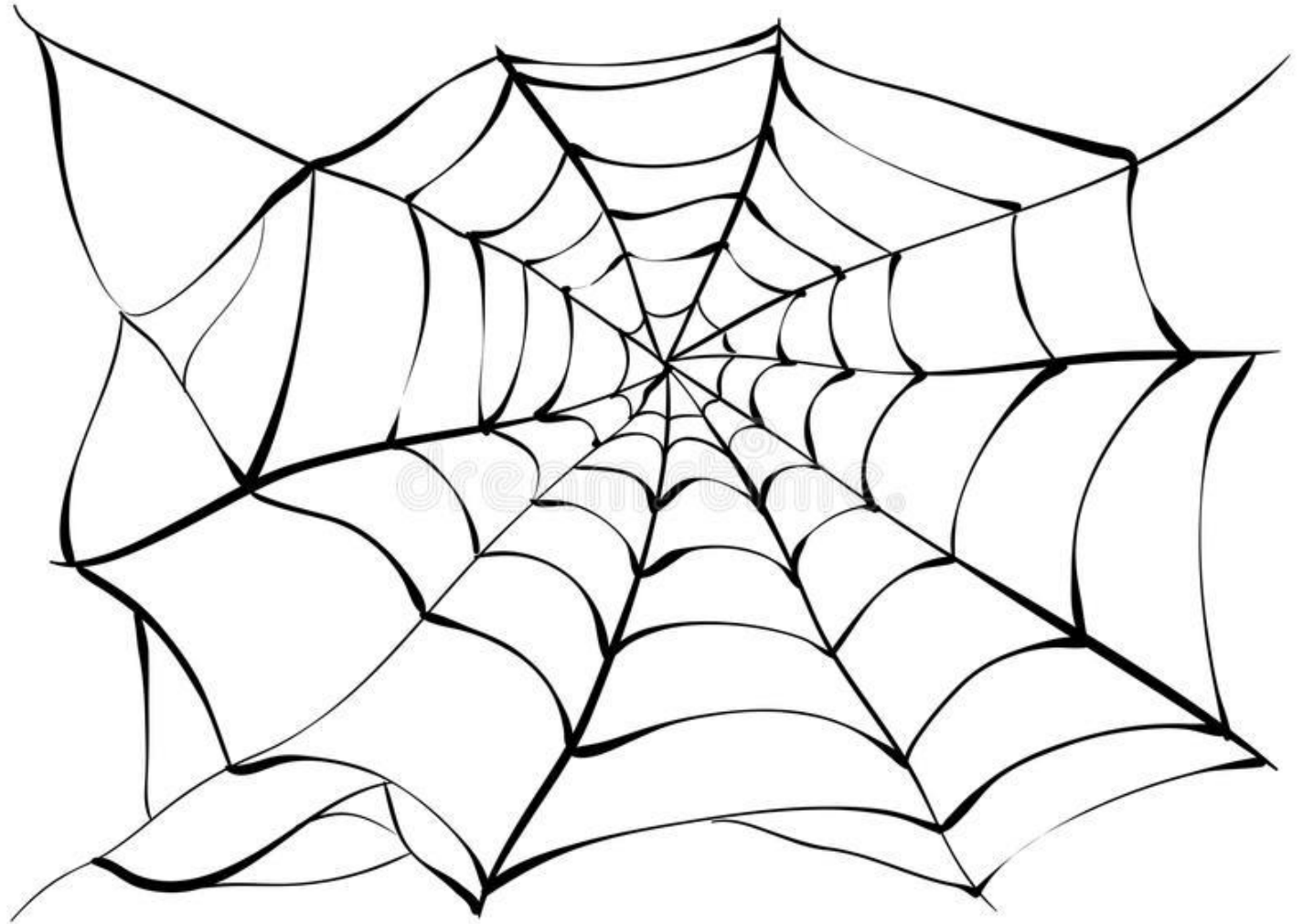
Mental Health



“ a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”



What barriers do we face when supporting our children with their mental health?



Common Mental Health Experiences

Do not self-diagnose always go to your GP if you suspect you or your child may be experiencing symptoms relating to a Mental Health issue.

- Anxiety/Panic Attacks
- Generalized Anxiety Disorder (GAD)
- Depression/ Low mood
- Obsessive Compulsive Disorder (OCD)
- Bipolar Disorder
- Eating Disorders

Anxiety related Mental Health diagnosis tend to be identified when you have experienced a variety of symptoms for 6 months or more.

If you experience low mood or depression every day for 2-weeks it is recommended you go to your GP for advice and support.

What changes in a young person's behaviour could indicate that they are struggling with their Mental Health?

- Under achieving at school.
- Avoiding friends and family.
- Frequent outbursts of anger.
- Changes to sleeping or eating habits.
- Acting out or rebelling against authority.
- Not doing the things they used to enjoy.
- Worrying constantly.




PACE is a way of thinking, feeling, communicating and behaving that aims to make children and young people feel safe.





These things can
help students to
feel more
comfortable and
open up

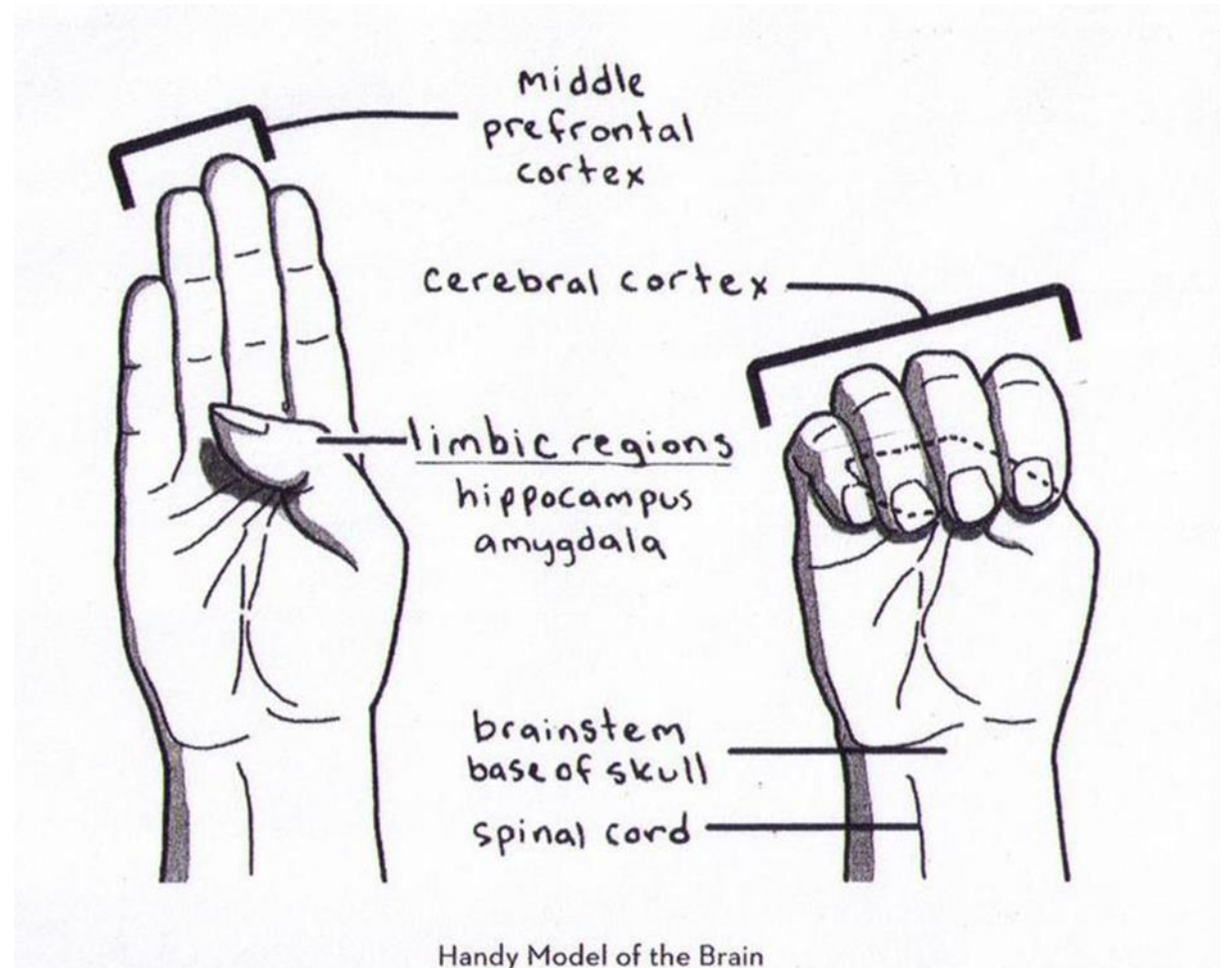
- Empathize
 - Normalize
 - Check your understanding
 - Label emotions
- 



Scenario Based Activity



Flip The Lid



Different stages of behaviour:

Challenging behaviour can happen very quickly or with signals that are hard to spot but is unlikely to come 'out of the blue'. Behaviour develops in stages and the 'arousal curve' diagram below shows these:

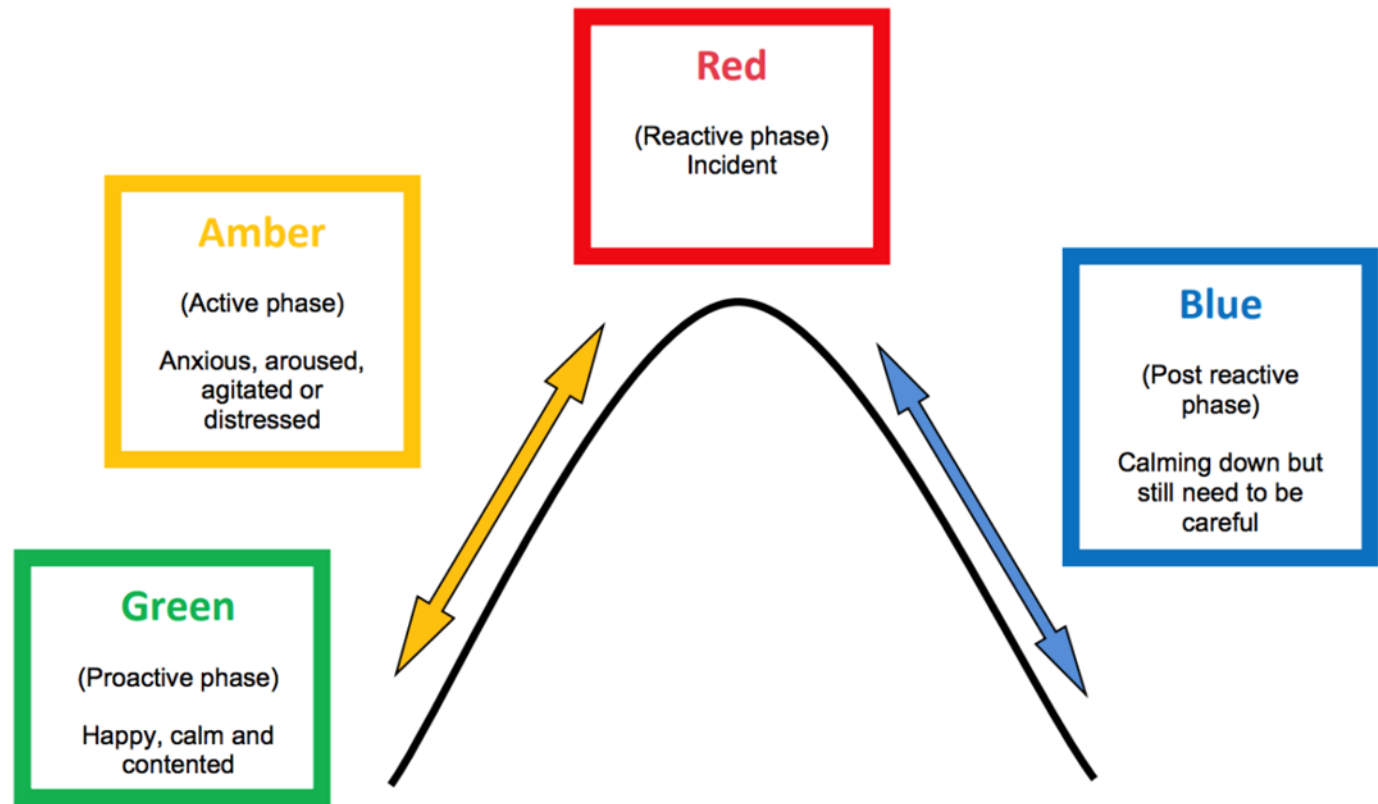


Figure 1: Arousal curve showing different stages of behaviour



Supporting students during a panic attack

- Help them recognize what's happening and reassure them it will pass.
- “Remember this feeling will end, this will pass, you are not in danger”
- If they require a safe and quiet space provide that for them.
- Help them focus on their breathing. And regulate it.
- Help them use their sense to ground themselves.
- Offer them cold water to help ground them.
- **Distraction techniques.**

Sensory Support Tools

- Practice grounding techniques - using the 5 senses.
- Practice deep belly breathing
- Help them challenge their thoughts in order to achieve a more balanced way of thinking.
- Normalize talking about thoughts, feelings and emotions.
- Create a coping tool box for individual students - fidget toys, sensory items, time out cards.

Step by Step Plan to Help a Child Face a Fear



1. Decide which fear to face first.
2. Children's fears need to be faced gradually: Break the fear down into series of about 10 steps.
3. Rate the steps from least anxiety provoking to most anxiety provoking.
4. Reward each step and come up with an ultimate reward for the end goal.
5. Rate each step in terms of how anxious your child might feel.

Window of Tolerance

<p>Flight/Fight</p> <p>During extreme stress you move out of your window of tolerance and into fight or flight mode.</p> <p>Anxiety Panic Fear Anger Aggression</p>	Overloaded
<p>Window of Tolerance</p> <p>Where you can handle and process your feelings in a healthy way while being able to function and thrive.</p> <p>You increase your tolerance with coping skills.</p> <p>Safe Capable Grounded Self-Aware</p> <p>Mindful Engaged Self-Soothing Connected</p>	Comfortable
<p>Freeze</p> <p>During extreme stress you just completely shut down and withdrawal physically/emotionally.</p> <p>Depression Fatigue Numb Disconnected</p> <p>Disassociated Checked Out Unfocused</p>	Shut Down

@BlessingManifesting

TYPES OF SELF CARE



SOCIAL

activities that help
nurture your rela-
tionships with others

PHYSICAL

activities that
improve your
physical health



MENTAL

activities that
stimulate your
mind



PRACTICAL

tasks that help
prevent future
stress



EMOTIONAL

activities that help
you connect
and reflect



SPIRITUAL

activities that
nurture your
spirit







Everyday I do this

Good /High
Impact on
my
wellbeing

I hardly
ever do this

Sometimes

Low Impact on
my Wellbeing





Website:

<https://www.thenestsouthwark.org.uk/>

Telephone: 020 8138 1805

Address: Unit 4 Co-Operative House
Rye Lane Peckham
London SE15 4UP

Thanks so much for joining us today!

Before you leave....

Please take a moment to complete a feedback form so we can ensure we can keep improving our service for you

Do you have an idea about a future workshop we could deliver? Let us know!

Vicious cycle of anxiety

Situation

Putting hand up in class

Thoughts

I am going to get the answer wrong
People will laugh at me
My teacher will think I'm stupid
My voice will shake when I answer

Feelings

Scared, nervous, shortness of breath, heart racing, trembling, butterflies in stomach

Behaviours

Refuses to put hand up in class
Avoids eye contact with teacher
May ask to go to the bathroom
Becomes avoidant of certain lessons/ school in general

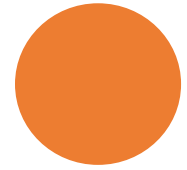


Whole
system
approach



Introducing a Support Plan

- listening to the children and taking their feelings seriously.
- Identifying behaviors that concern you (especially those lasting a few weeks or more)
- Speak to the child in a safe space regarding your main concerns, listen to their response for an uninterrupted 3 minutes if you can, let the child know you will help work out difficult issues together.
- Collect as much information as you can without probing.
- Arrange to meet with a well-trained and trusted professional if necessary or talk to your safeguarding lead so you don't feel the weight and more people are aware to look out for the signs.



BLUE ZONE

Describes low states of alertness, such as when one feels sad, tired, sick, or bored. This is when one's body and/or brain is moving slowly or sluggishly.

REST AREA

GREEN ZONE

Describes a regulated state of alertness. A person may be described as calm, happy, focused, or content when in the Green Zone. This is the zone students generally need to be in for schoolwork and for being social. Being in the Green Zone shows control.

GOOD TO GO!

YELLOW ZONE

Describes a heightened state of alertness; however, a person has some control when in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness and many more slightly elevated emotions and states when in this zone.

SLOW DOWN

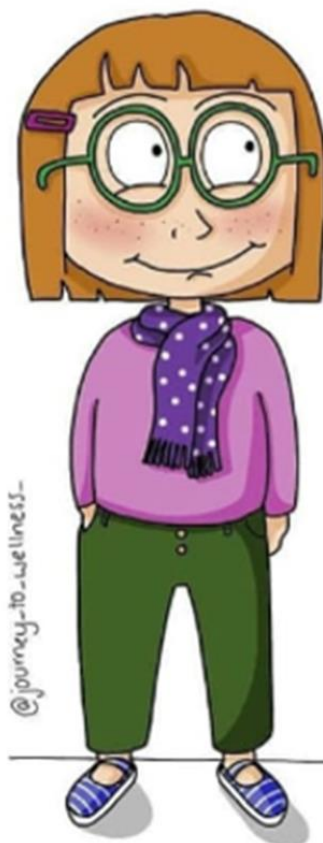
RED ZONE

Describes extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage, explosive behaviour, panic, terror, or elation when in the Red Zone.

STOP



OVERCOMING 'UNHELPFUL THINKING STYLES'



IDENTIFY IT / NOTICE IT

THE FIRST STEP IS SIMPLY TO BECOME AWARE OF UNHELPFUL THOUGHTS & THINKING STYLES. NOTICE IT & NAME IT.



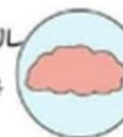
CHALLENGE IT

NOT ALL THOUGHTS ARE TRUE - TIME TO CHECK OUT IF IT'S REALISTIC & TO GENTLY CHALLENGE IT. SOME USEFUL Q'S TO ASK YOURSELF: WHAT WOULD I SAY TO MY BEST FRIEND? IS THIS A FACT? WHAT ELSE COULD BE TRUE?



RE-WRITE IT

COME UP WITH A MORE REALISTIC, KIND, HELPFUL, HEALTHY & BALANCED THOUGHT.



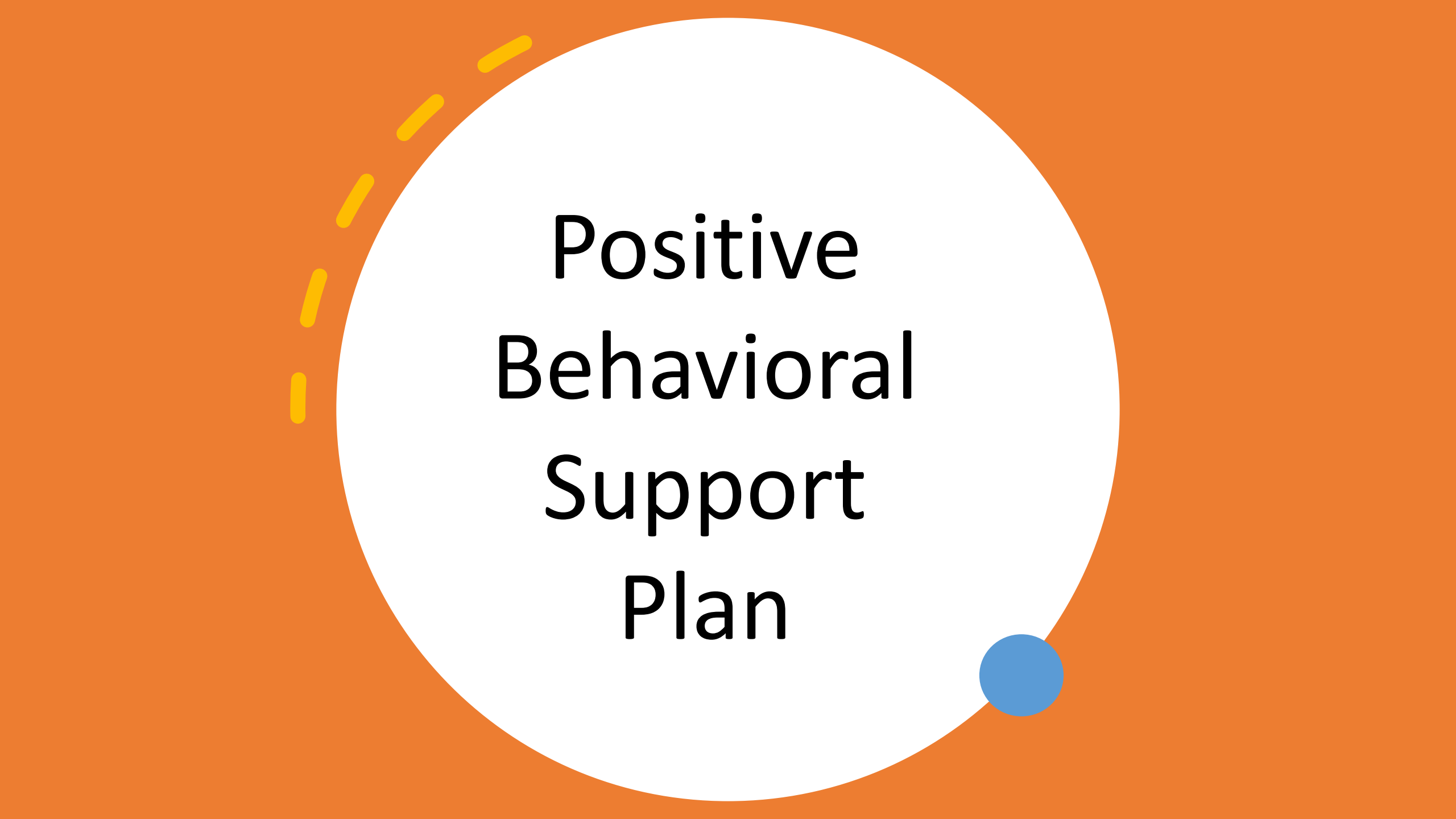
BE MINDFUL

YOU CAN ALSO JUST SIMPLY OBSERVE THE THOUGHT, WITHOUT JUDGEMENT, & ALLOW IT TO PASS.

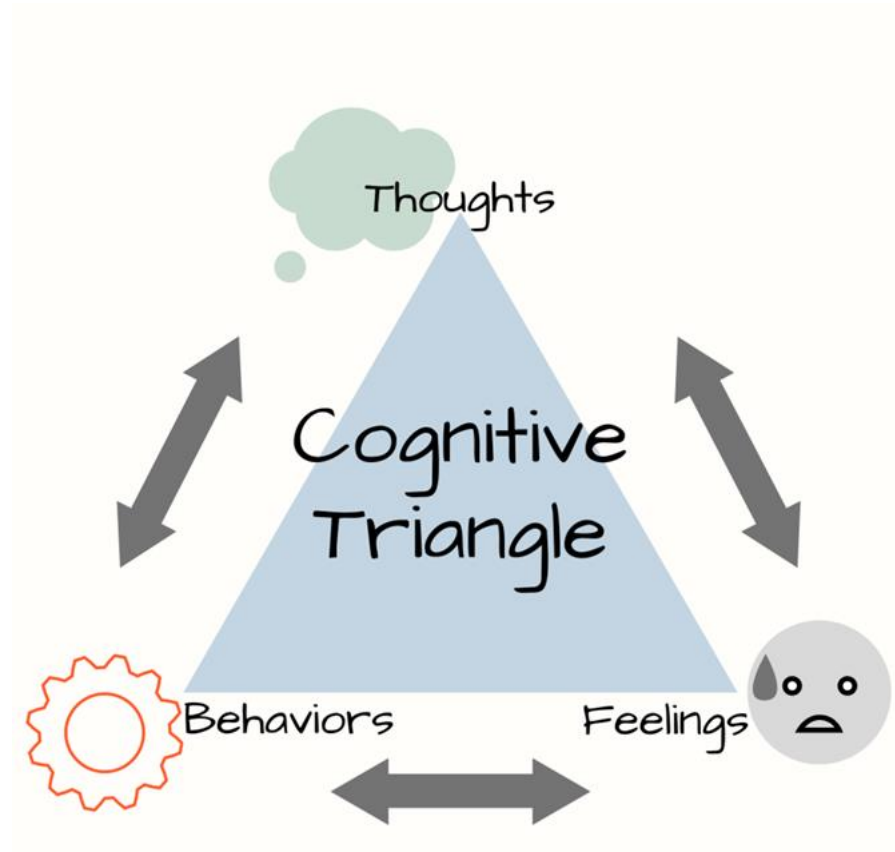


DISTRACT

OR YOU CAN TRY DISTRACTING FROM UNHELPFUL OR REPETITIVE THOUGHTS, WITH HEALTHY ACTIVITIES.

The graphic features a large white circle centered on an orange background. Inside the circle, the text "Positive Behavioral Support Plan" is written in a black, sans-serif font, arranged in four lines. To the left of the circle, a series of yellow dashed lines form a semi-circular arc. At the bottom right of the circle, a small solid blue circle is positioned.

Positive Behavioral Support Plan



Most anxiety
provoking

Plan

Least anxiety
provoking



ULTIMATE GOAL

Ask the teacher a question in front of the whole class

STEP 6

Answer a question asked by the teacher (answer not planned) in front of the whole class

STEP 5

Answer a question asked by the teacher (planned in advance) in front of the whole class

STEP 4

Ask the teacher a question in a small group

STEP 3

Answer a question asked by the teacher (answer not planned) in a small group

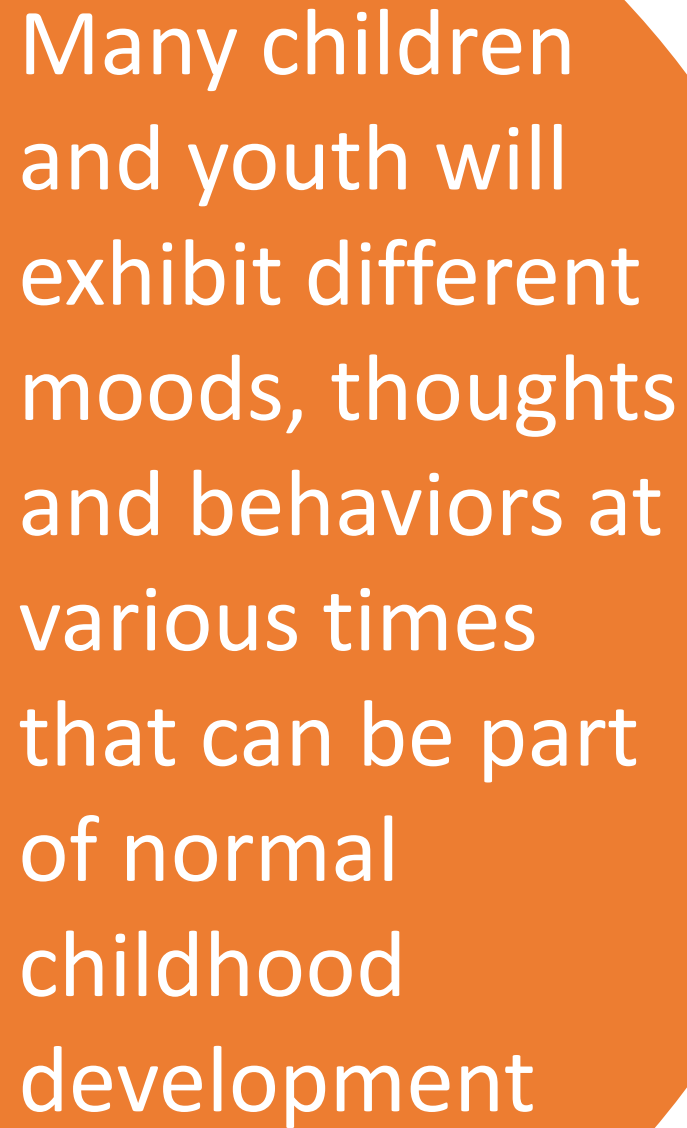
STEP 2

Answer a question asked by a teacher (planned in advance) in a small group

STEP 1


Ask the teacher a question after class has finished and classmates have gone

- Barnardo's protects and supports the UK's most vulnerable children. They provide a range of services to help and support children, young people, parents and carers.
- Future men
- ChildLine is a free, confidential service where children can talk about any issue they're going through. You can call their helpline or use their webchat to speak to a trained counsellor.
- The Children's Society supports children going through serious life challenges. They run services and campaigns to make children's lives better.
- Family Lives offers information and support on all aspects of family life, including the stages of child development, issues with schools, parenting support, bullying and mental health concerns.
- YoungMinds offers information and support to young people about their mental health, and helps adults to support the young people in their lives. If you're a parent worried about a child's mental health, you can call their helpline.
- The Nest offers free and confidential mental wellbeing advice and support service for young people aged 0– 25 in Southwark, Peckham.

A large orange circle is positioned on the left side of the slide, partially cut off by the edge. It contains white text.

Many children and youth will exhibit different moods, thoughts and behaviors at various times that can be part of normal childhood development

“Though some characteristics and behaviors may be signs of an underlying mental health concern or disorder if they are intense, persist over long periods of time or are inappropriate for the child’s age and interfere with the child’s life.”

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Risk Factors

Protective Factors

