Brent Young People Thrive

Young People's Mental Health

Let's end the STIGMA

Zoe Kattah, CommUNITY Barnet

Brent Parents' Emotional Health and Wellbeing

This project is funded by Brent Clinical Commissioning Group

What is Brent Young People Thrive (BYPT)?

A Social Movement that:

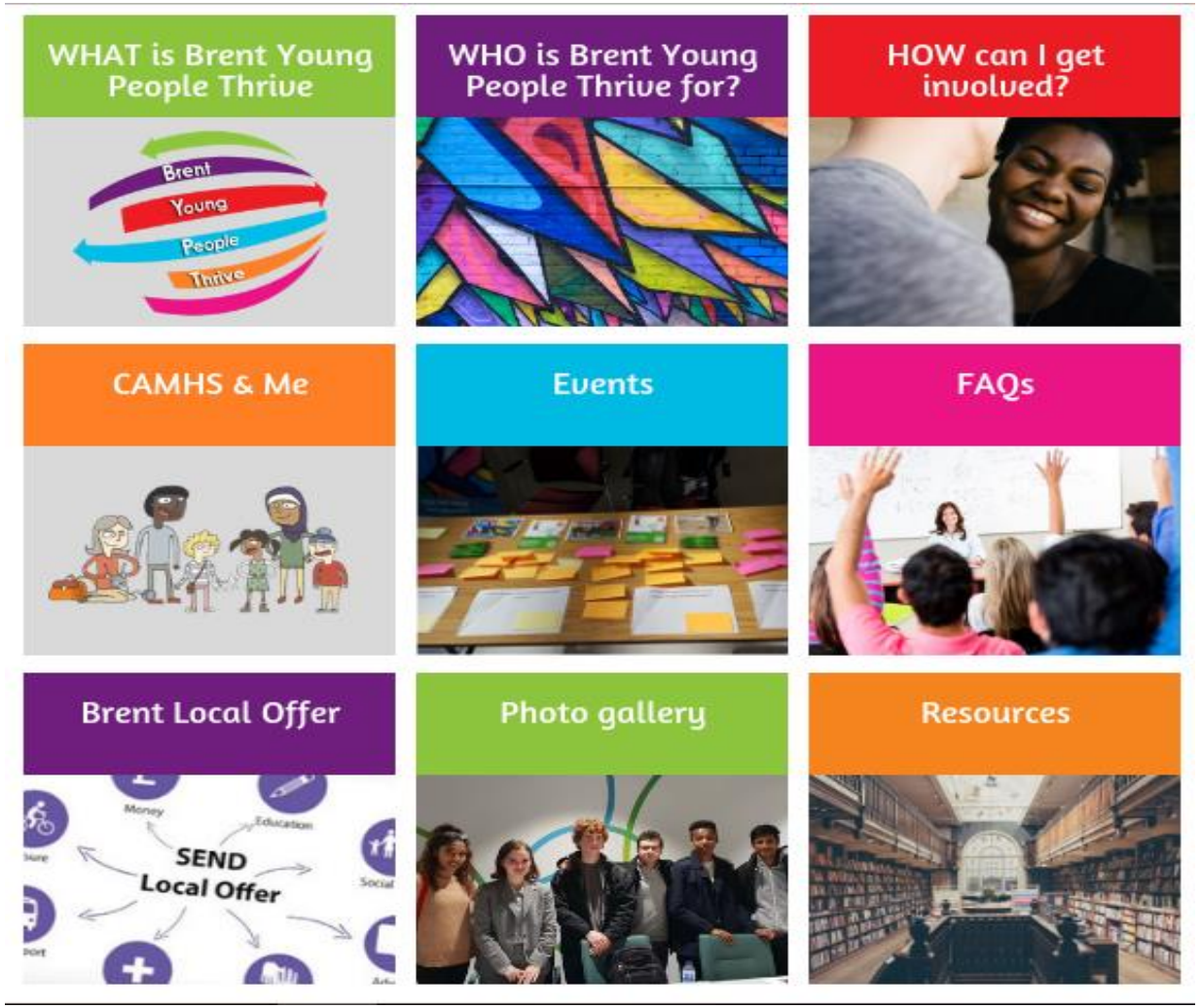
Raises awareness of mental health and wellbeing

Captures the voice of the child

Challenges the stigma associated with Mental Illness

Is part of Brent's Children and young people's Mental Health and Wellbeing Strategy and Transformation.

What is Brent Young People Thrive (BYPT)?



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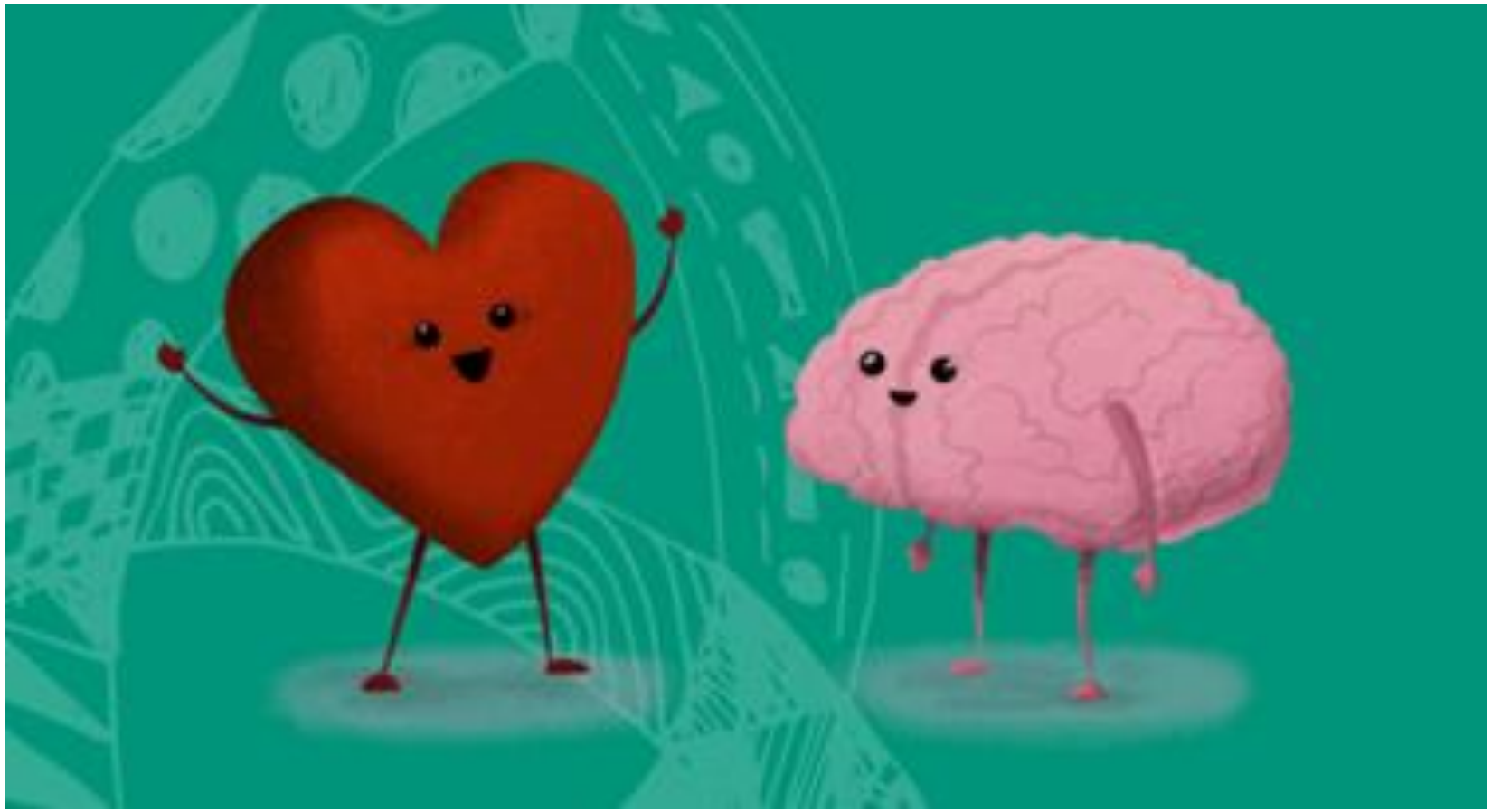
What is mental health?



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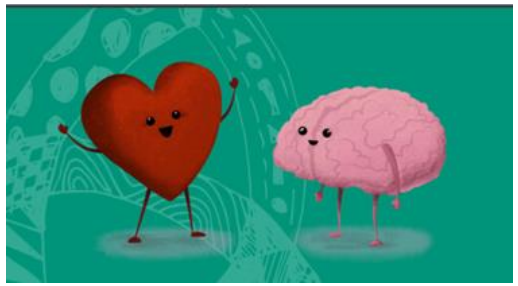
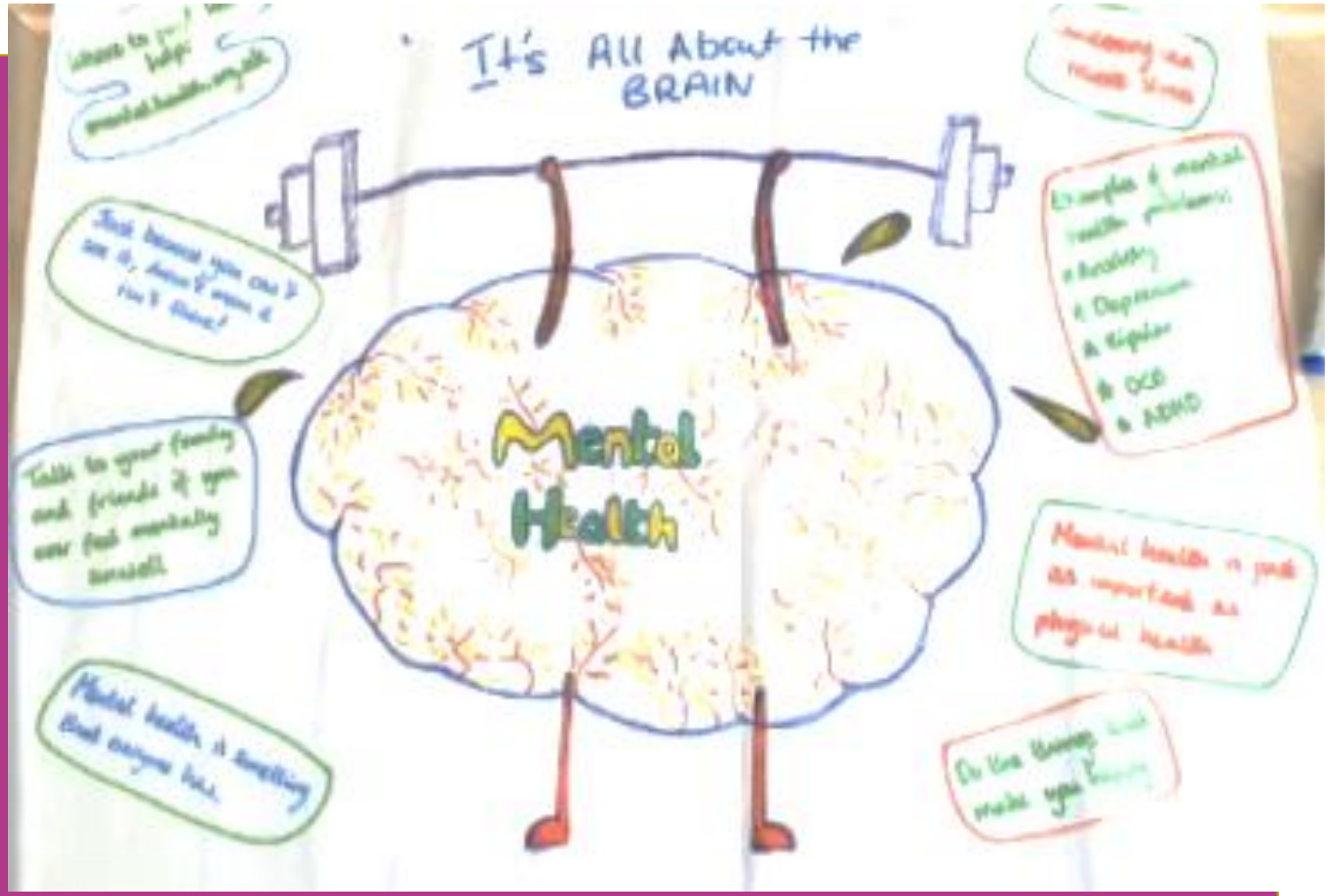
What is mental health?

Mental health is about our feelings, our thinking, our emotions and our moods.

Looking after our mental health is just as important as looking after our physical health



What is good mental health?



'A **state of mind** in which an individual is able to realise his or her own abilities, can **cope** with the **normal stresses** of life, can work **productively**, and is able to make a **contribution** to his or her community.'

(Source: World Health Organisation)

We all have Mental Health

https://youtu.be/DxIDKZHaW3-E

Feelings

Everyday feelings &
overwhelming
feelings
Anna Freud
National Centre for
Children and Families

Feelings

Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don’t usually hang around for too long

Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You might have heard people call them a mental health problem, mental illness or mental disorder.

What is Exam stress?

Stress is normal – happens to every one.

Stress is the body's natural reaction, a physical and emotional response, to feeling threatened or under pressure from life situations or events.

Stress is our response to excessive demands or pressures.

SO!

Its very common to feel stressed around exam time.

You might feel

- a huge amount of pressure to do well
- anxious you can't fit all the revision in.

The build up to results day can also leave you feeling overwhelmed and run down.

Spotting the symptoms of Exam stress

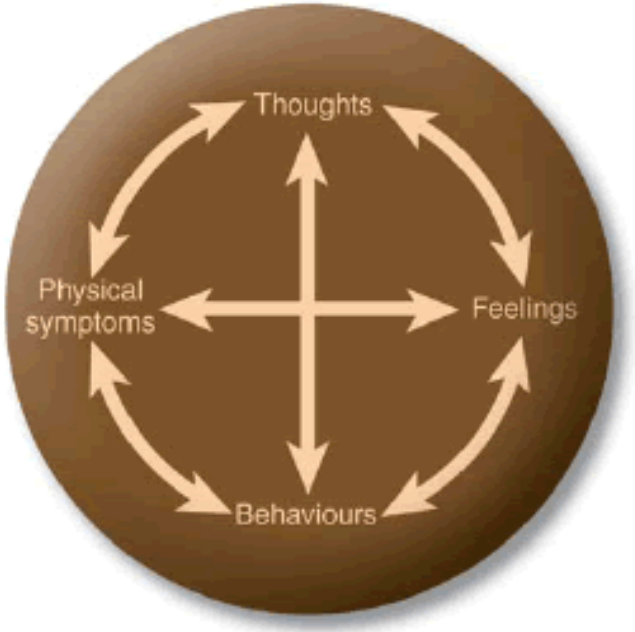


Figure: The "hot cross bun" model. (Adapted from Greenberger D, Padesky CA[21])

The way we **think** affects the way we **feel** which impacts on our **bodies** and what we **do.**

These are not always easy to spot.

- Have physical health problems
- Lack of sleep or poor eating habits
- mood swings
- Be reluctant to attend school or talk about exams.
- Spend too much time on work or alternatively avoid schoolwork.
- Overly self-critical and of any mistakes made
- Become obsessive in the way one works – unwilling or unable to break off
- Excessive behaviours – too much exercise

How Exam stress affects us?

Thoughts

My course work is too much – I cant cope

I don't have enough time

Why don't I get help from my teachers

Feelings

Anxious

Irritated

Hopeless , depressed

Physical sensations

Tense muscles

Headaches

Hot, sweaty

Forgetfulness

Restless, agitated

Behaviour

Sleep disturbances

eating more or less

Alcohol/drugs misuse

Busyness

Over exercising

Beating exam stress

Source: Childline 0800 1111

Exams and mental health
https://youtu.be/xkmCZgbZv1o

Coping with exam stress

https://youtu.be/S1cAI4SEneE

Revision vs Life –
https://youtu.be/eLe43tUgGkA

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Beating exam stress – being mindful

Source: mindfulnessforstudents.co.uk

DISTRACTION TECHNIQUE

5 senses drill – focuses your sense

1. Pause what you are doing for a moment
2. take one or two deep breaths to help bring you into the present moment.
3. NOTICE 3 things using your 5 senses and NAME them

- LOOK
- LISTEN
- FEEL
- SMELL
- TASTE

4. take one or two deep breaths to finish this mindfulness exercise.

Repeat this exercise REGULARLY
BUILDS your RESILIENCE to deal with exam anxiety and general pressures.

Looking after yourself

Looking after yourself – Top tips

4Bs

- Boost your self esteem – remind yourself of all you are good at
- Bitesize – set realistic goals
- Brain Breaks – every 30 min
- Bodywise – hydrate and eat well

4Ps

Plan ahead
Pamper yourself
Prepare for the exams
Pace yourself

Be mindful
Breathing exercises – in through the nose out through the mouth
Positive self talk
Focus on the present – 5 4 3 2 1
Distraction techniques

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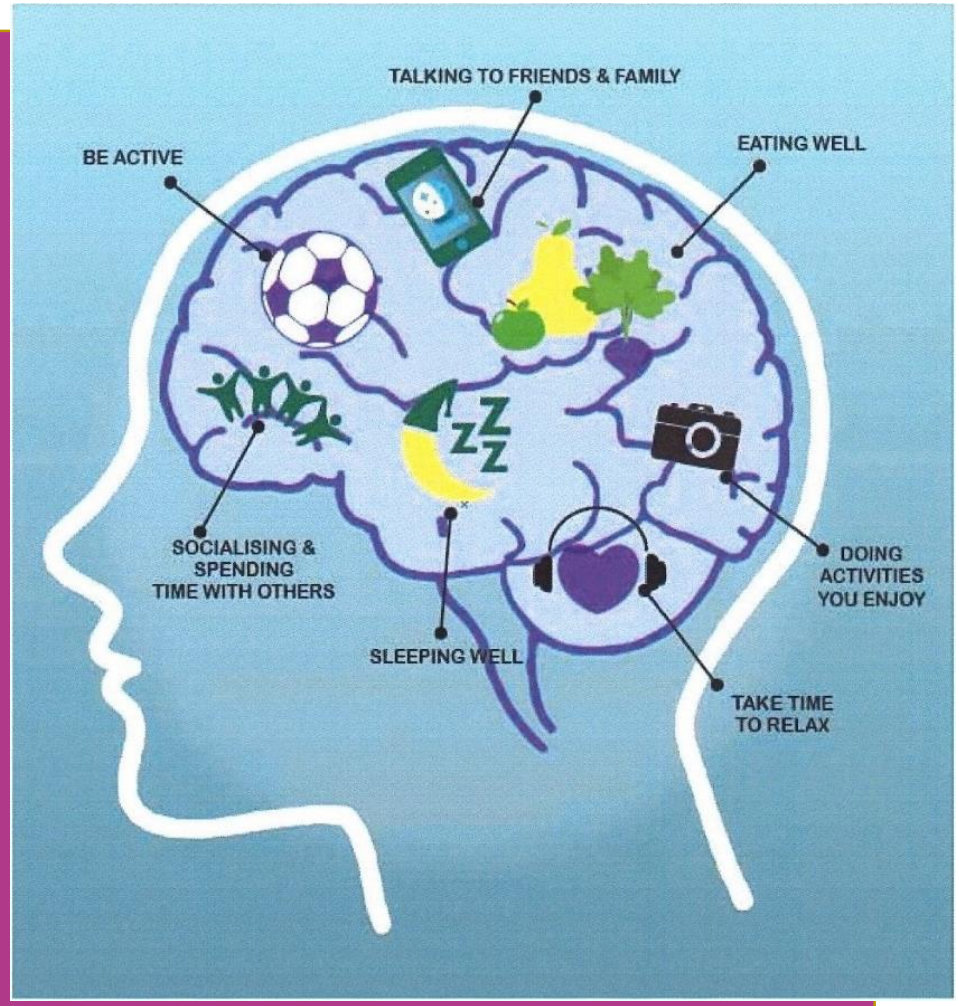
Looking after yourself



Stay Connected
Be active
Keep learning
Give to others
Be mindful
PLUS 1 – Be creative

(Source: Rethink Mental Health; NHS England)

Looking after yourself

Things to do:

1. Start conversations with your young people about feelings and what is in their lives.
2. Look for signs of depression and anxiety as detailed on the NHS website.
3. Talk to your GP, mental health service provider or other mental health professional about help available.

Resources
NHS website:
https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/camhs-information-for-children-and-young-people/

Time to change's helpful and comprehensive list of support services:
https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support

CRISIS text line: 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can text THEMIX to 85258

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Useful contact & Links

LOCAL

Children and young people's services

- **Brent CAMHS**
  - **CAMHS & Me Website: http://camhs.cnwl.nhs.uk**
  - **Email: brentcamhs.cnwl@nhs.net**
    Telephone: 020 8208 7200
- **Brent Child and Family Clinic**
  - **http://camhs.cnwl.nhs.uk/find-services/clinics/brent-child-family-clinic/**
  - **Telephone: 020 3317 5050**
- **Brent Centre for Young people - 0207 328 0918. https://www.brentcentre.org.uk**
- **Brent Local Offer - https://www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer**

Useful contact & Links

NATIONAL

- **Rethink Mental Health - Toolkit:** https://www.rethink.org/services-groups/service-types/young-people
- **Stem4: supporting teenage mental health - www.stem4.org.uk**
- **NHS Choices Moodzone – www.nhs.uk/conditions/stress-anxiety-depression/**
- **Stress busters - https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/**
- **Young minds: www.youngminds.org.uk**
- **Mental Health Foundation: https://www.mentalhealth.org.uk/**
    - **Childline: Telephone: 08000 1111 https://www.childline.org.uk/**
- **The Mix: FREE** Crisis messenger text service for children 25 years and under suffering for emotional pain and crisis. Provides 24/7 support. THEMIX to 85258.

Questions?

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Thank you

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Brent Young People Thrive Resources

BRENT YOUNG PEOPLE THRIVE

Young People

Brent Young People Thrive is for YOU.

- Boost your mental and emotional wellbeing
- Influence services to match your needs
- Become a Wellbeing Champion to end the stigma of mental health.

Parents/Carers

This is YOUR chance to help our young people.

- Increase your knowledge of signs of mental wellbeing, emotional distress and mental illness
- Help your children and other young people make the right choice at the right time.

Advice and information to help you

07809 342 939

zoe.kattah@communitybarnet.org.uk

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#BrentCAMHSTransformation
#BrentCAMHS
#BrentLocalOffer
#emotionalwellbeing
#mentalhealth

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Getting involved – Become a Champion

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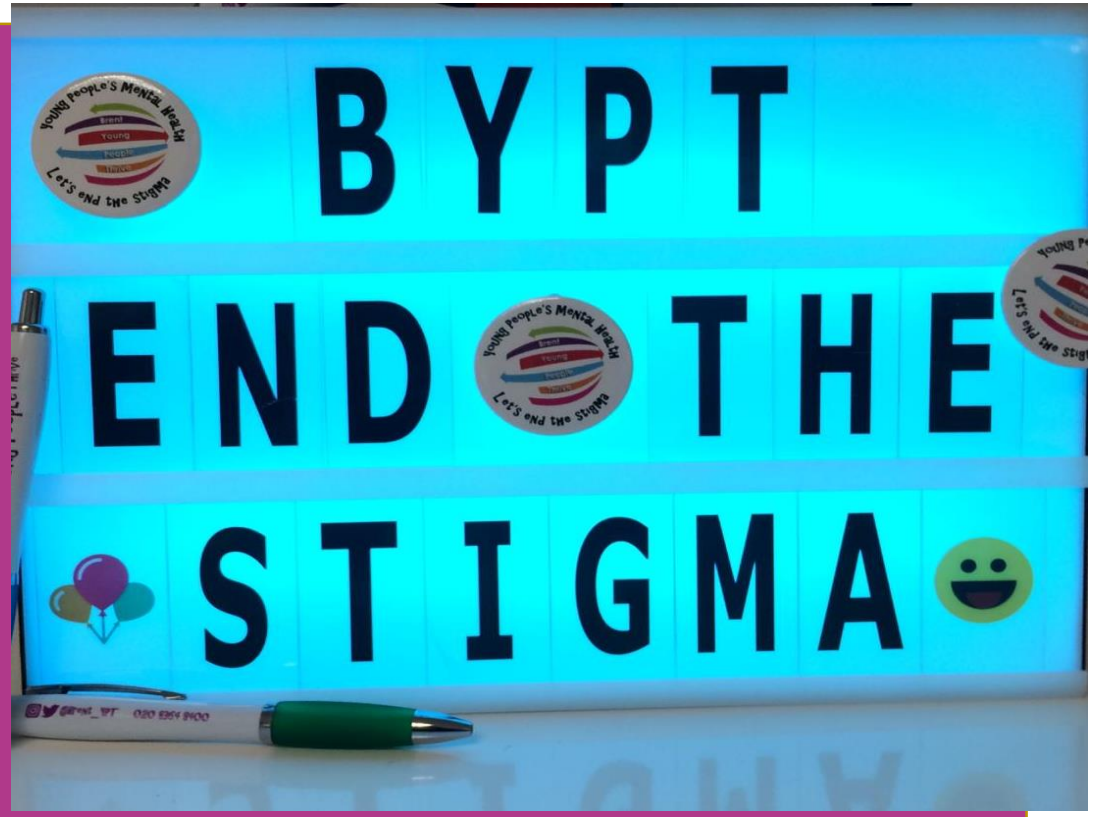
Want to know more?



BYPT video

Bit.ly/BrentYPT

Contact Zoe Kattah, zoe.kattah@communitybarnet.org.uk
020 8364 8400; 07809 342 939

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