

# Mental Health is...



'Mental health is defined as 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'



Emotions

'A person's condition with regard to their psychological and emotional well-being.'



Behaviour



Feelings



Thoughts



We all have mental health,  
even children!

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

It is normal to experience lots  
of different emotions. We  
always have mental health.

# Mental Health vs. Mental Illness

Mental Health:

Your general state of well-being & state of mind. Something that should be looked after

Mental Illness:

Something that disrupts your mental state and interrupts how you feel, think, communicate and behave

## Signs of Declining Mental Wellbeing

Disruptive behaviour	Excessive concern over appearance
Self-neglect	Becoming unorganised
Increase or decrease in appetite	Avoiding school
Unable to get words out	Sudden decrease in school performance
Sudden bursts of extreme emotion	Self-harming
Insomnia/tiredness	Lack of enthusiasm
Restlessness	Creating conflicts
Withdrawal	Self-deprecation



# Peer Mentor Service

- Students who can offer a listening ear to their peers
- Mental Health Ambassadors - promoting mental health across the school through displays/assemblies/fundraisers

Bucks Mind deliver a whole day of training with the mentors, covering:

- Mental health awareness
- Stigma and mental health
- Mental illness
- Looking after your own mental health/wellbeing as well as supporting others
- Communication/listening skills
- Confidentiality & safeguarding



# Adults

**CHAMPION**  
the **CHANGE**  
BUCKINGHAMSHIRE

 **Mind**  
Buckinghamshire

**NHS**  
Buckinghamshire Healthcare  
NHS Trust

**relate**  
the relationship people

**NHS**  
Oxford Health  
NHS Foundation Trust

  
**Fin**  
FRIEND IN NEED  
COMMUNITY CENTRE

  
**Child Bereavement UK**  
REBUILDING LIVES TOGETHER

# Children & Adults

**SAMARITANS**

  
**Beat**  
Eating disorders

**CarersBucks**  
Dedicated to supporting carers

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
**CALM**

TEXT  
**shout**  
TO  
**85258**

AYLESBURY VALE LGBT  
SOCIAL GROUP

**YOUNGMINDS**  
fighting for young people's mental health

**Counselling Directory**

# Children

  
**CAMHS**  
Child & Adolescent Mental  
Health Services

**Y.E.S** | Wycombe  
est 1982

**NSPCC**

**kooth**

**ChildLine**  
0800 1111 

**YOUTH CONCERN**

  
**Mermaids**  
Family and individual support for teenagers and  
children with gender identity issues

**THE MIX**

  
**Place  
2Be**

  
**Barnardo's**  
GIVING CHILDREN BACK THEIR FUTURE



# Educational Resources





Thank you for  
listening!

*General Enquiries*  
[info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)

*CYP Enquiries*  
[cyp@bucksmind.org.uk](mailto:cyp@bucksmind.org.uk)  
[sandy.drury@bucksmind.org.uk](mailto:sandy.drury@bucksmind.org.uk)  
[abbie.reck@bucksmind.org.uk](mailto:abbie.reck@bucksmind.org.uk)

*Please complete our short  
feedback form. Thank you.*



Q&A

## Parents & Staff Coffee Moring

### **Video links**

Brene Brown Empathy -

<https://www.youtube.com/watch?v=1Evwgu369Jw>

5 Ways to Wellbeing -

<https://www.youtube.com/watch?v=MfM0Tj-9AIs>

What is Mental Health? -

<https://www.youtube.com/watch?v=2hVAPFyukvY>