

Week: 25



MAY 2023

SAFE AT Summerhill

At Summerhill School we are committed to Safeguarding our children and young people as well as promoting positive well-being for all.

This Safeguarding newsletter, aims to help staff, parents and students alike to be aware of the safeguarding and mental health issues, giving you useful links and resources to use if you have concerns. Please do not hesitate to contact us on the main school number 01384 816165 or via email on studentssupport@summerhill.dudley.sch.uk

MENTAL HEALTH AWARENESS WEEK

Anxiety is the theme for Mental Health Awareness Week 2023. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. But anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

What is Anxiety?

Anxiety can affect us physically and mentally. If you are feeling anxious, you might notice your heart rate increasing, headaches, loss of appetite, breathlessness or chest pain. (If you are experiencing these symptoms, you should see a healthcare professional to rule out another physical cause). Anxiety might make you feel tense or nervous, find it hard to relax, feel tearful or have problems sleeping and concentrating. Friends or family might notice you are more irritable than usual, or more withdrawn. Or perhaps you seem fine on the outside but feel panicky inside. Help is at hand. There are things that we can all do to protect our mental health and manage anxiety. What works will be different from person to person. Things that might be helpful include being active, getting out in nature, practising breathing techniques, getting support to tackle money worries or eating well. Talking to a friend, or spending time with loved ones, is often a good first step

What can be done to limit the cause of Anxiety?

Anxiety isn't just something we can overcome on our own. So much of what may trigger anxiety is not within our control. This is why, during Mental Health Awareness Week, we'll also be talking to politicians and decision-makers about what can be done as a nation to support good mental health. While causes of anxiety are complex, financial worries, social isolation, social pressures and discrimination can all play a part. And because of this, local and national politicians should be looking at measures such as income support to reduce financial stress, provision of good quality housing, strong legislation to prevent bullying, harassment and discrimination, and ensuring communities are equipped with the services and facilities we need to live well and help protect everyone's mental health.



Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.



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