



South West Herts Partnership

Tips & Advice:

CHILD MENTAL HEALTH



INTRODUCTION

Child mental health refers to the emotional, psychological, and social well-being of children, which influences how they think, feel and behave. Family life, school experiences and trauma are all factors that can significantly impact a child's mental health. Early recognition and support are essential to help build resilience and cope with life's challenges to enable them to grow into healthy, well-adjusted adults.



IMPORTANT FACTS

- Mental health issues are common and can affect anyone regardless of age, genders and backgrounds.
- Most common mental health disorder in children is Anxiety & depression. Prevalent conditions include: ADHD, Autism, Conduct and Eating disorders
- Children with mental health conditions are more likely to struggle academically, experience bullying or exclusion, have poorer physical health and face difficulties in later life.
- Early intervention is crucial for improving outcomes and preventing long term affects. Help & support is available.
- Having strong supportive relationships are vital and can significantly impact mental health.



TIPS/TOOLS

- **Open Communication** - provide a safe space - use active listening - non-judgemental - show empathy.
- **Healthy routines**— regular sleep, nutritious meals and limiting screen time.
- **Creative Activity**
 - ⇒ **journaling** - record thoughts, feelings and self-reflection.
 - ⇒ **Art therapy** - enable children to express themselves in a non-verbal way through various art forms e.g. painting, collage.
 - ⇒ **Music** - listening or creating music is a powerful way to reduce stress and improve mood.
- **Mindfulness Practices** such as mindful breathing or movement can help manage stress and overall well-being.
- **Positive Affirmation** - short positive statements that children can repeat to themselves to help boost self-esteem and confidence.

Access free printable resources:

- [GoZen.com/printables/](https://gozen.com/printables/)
- [Free Occupational Therapy Worksheets and PT Resources - Your Therapy Source](https://www.occupationaltherapyworksheets.com/pt-resources-your-therapy-source)
- <https://connect.kooth.com/for-families>



SIGNPOSTING

- ⇒ [NHS https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/](https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/)
- ⇒ <https://www.hertsmindnetwork.org/services-for-young-people/>
- ⇒ <https://www.justtalkherts.org/just-talk-herts.aspx>
- ⇒ <https://www.childline.org.uk/>
- ⇒ <https://firststepsed.co.uk/>

We can offer support with mental health and emotional wellbeing (school referral only):

- We can support with **CAHMS/PALMS** referrals.
- We can provide emotional support with **1:1's, Drop-in sessions, Coffee mornings and group work.**
- We can provide **workshops in emotional wellbeing, exam stress, protective behaviours and transition.**
- Produced the **SWHP 'All About me Game'** to use with our schools and promote self-esteem, help relationships and support young people's sense of self-worth.



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

Please visit our website as above or click on the QR code and start following us for more guidance, support and signposting.

