

WOW



Working On Wellbeing

LET'S TALK...DEPRESSION AND LOW MOOD

Going through different emotions is a natural part of life. While it can feel worrying as a parent or the young person going through periods of feeling low in mood it, it is sometimes normal for teenagers to feel this way.

When a young person is feeling depressed, feelings of sadness and low mood become more overwhelming and can persist over a longer period of time, potentially making the day-to-day life difficult.

As a parent, knowing that your child is going through feelings of depression or low mood can be incredibly worrying. However, lots of young people go through this and with the right support, they come out the other side. There are lots of things that can be done to support a young person going through this, including emotional support, working on strategies and seeking professional support should you feel they need it.

As a parent it can be useful to understand the difference between having a general low mood and depression.

If a young person is experiencing low mood they may feel more sad, tearful, worried, angry, tired or less confident. However, they may feel better after a few days or weeks. A young person may also start to feel better after making a few small changes in their life or routine.

However, if a young person is experiencing depression, these feelings of sadness and low feelings do not change or go away over time. These feelings can become extremely overwhelming and feeling this way can stop someone from doing things they would normally enjoy.

Whilst every young person will experience different things when they feel low or depressed some of the signs that they could be feeling this way are;

- Withdrawing or avoiding friends or social situations
- Finding it hard to concentrate or avoiding school work
- Not wanting to do things they previously enjoyed
- Feeling irritable, angry or frustrated
- Feeling tearful, miserable, lonely or hopeless
- Feeling empty or numb
- Sleeping more or less than usual
- Significant changes in appetite
- feeling tired or not having any energy
- wanting to self-harm/experiencing suicidal thoughts

How to help a young person with low mood and depression:

- **Try open up a conversation-** try to voice your concerns in a non-judgemental and caring way
- **Listen and provide emotional support-** Try not to ask too many questions or come up with quick solutions. Empathise with how they are feeling and reassure them that they have done the right thing for opening up to you.
- **Try again another day if they don't want to talk-**Sometimes young people don't want to open up for fear of upsetting people. Let them know you are here to listen when they feel ready.
- **Help them to think about who is in their support circle-** You could encourage them to make a list of people who they trust and whom they can reach out to for support when they need it.
- **Help them to do the daily things that support their wellbeing-** This includes getting up at a regular time, eating regular healthy meals, doing exercise and drinking water.
- **Reassure them-** Let them know these feelings won't last forever, that they are doing well to cope and that you are glad they are talking about their feelings.

<https://www.papyrus-uk.org/papyrus-hopeline247/>

<https://giveusashout.org/>

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

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>



Suicidal thoughts;

On occasion when young people are experiencing low mood or depression they may also have thoughts of not wanting to be alive. This can then lead them to think and/or talk about and maybe even attempt to take their own life.

Having these thoughts does not always mean a young person is going to attempt suicide, however it does mean they need help and support to overcome these feelings. Always take it seriously if a young person tells you they are experiencing suicidal thoughts.

Knowing or worrying that your child or someone you care about is experiencing suicidal thoughts can be extremely upsetting and distressing.

It is really important to remember that asking a young person if they are thinking about or feeling suicidal, will not increase the risk or put ideas in their head. It is always best to talk about this to help your child feel listened to and get them the right support.

Tips for talking about suicide:

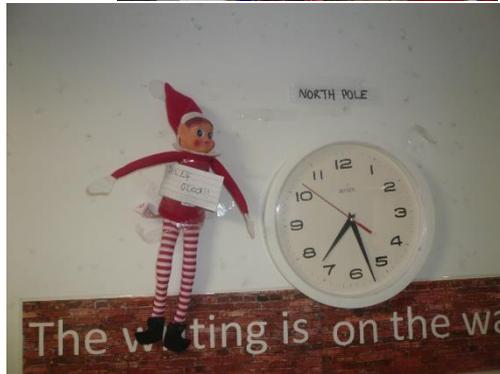
- Start gently but then move on to ask the direct question
- Use direct and clear words
- Practice saying the words out loud first

We celebrated and fundraised for Children in Need on Friday 17th of November! We raised a total of £40.91!



The Hub elves have been busy causing mischief around the school this December..







To support you over the Christmas period...

- **ChatHealth (School Nurse)**- 07507332891. Text anytime, replies Mon-Fri 9am-5pm.
- **Childline**- 08001111. 10 am – 6 pm 7 days a week.
<https://www.childline.org.uk/>
- **MIND**-08001380990 24 hours a day
<https://www.hey mind.org.uk/>
- **YoungMinds**- Text YM to 85258- free to text.
<https://www.youngminds.org.uk/>
- **CAMHS Crisis Team (out of Hours)** 01482 301701 option 2

Remember; Just because it's Christmas it doesn't mean you have to be happy. If you feel low, please talk to someone.



MENTAL HEALTH MYTH BUSTERS

- **Feeling depressed is just feeling sad**
✘ -Depression can involve sadness however the symptoms go much beyond that.
- **If my parents have suffered with depression then I will too** ✘ - Many people with parents, siblings, or other close relatives with depression do not have the condition themselves. Family history of depression can increase your chances, this is not always the case. Other elements can contribute towards someone presenting with depression.
- **Children can't get depression** ✘ - Depression can develop at any age, even in childhood.



If you or your child need support in school for anything please contact the below members of staff

Form Tutors (Anlaby):

- | | |
|-----------------------|-------------------|
| 7A-Mr Fredrick | L0A-Ms Oliveira |
| 7B-Mr Ward/Mr Belcher | L0B-Mrs Brittain |
| 8A-Miss Sykes | L0C-Mr Stanley |
| 8B-Mr Tranmer | L0D-Miss Hamlett |
| 8C-Mrs Johnson | L1A-Mr Branston |
| 9A-Mr Hagger | L1B- Mr Hall |
| 9B-Mr Price | L1C- Ms Macnamara |
| 9C-Mr O'Neil | |
| 9D-Miss Houghton | |

Student Support Team:

- Miss McNeil-KS3 Pastoral coordinator
- Miss Hales- KS4 Pastoral coordinator
- Mr Lawson-HLTA Behaviour& Engagement KS3
- Mr Matthews-HLTA Behaviour& Engagement KS4
- Miss Haywood-HLTA (Welton)
- Miss Bird- Emotional Wellbeing Lead (Anlaby)
- Mrs Rainforth- Emotional Wellbeing Lead (Welton)

Senior Leadership Team:

- Paul Grimes-Executive Headteacher
- Genevra Austin-Interim Headteacher
- Mr Rollo-Assistant Headteacher
- Miss Howard- Director of Learning (SEND)
- Mr Badman-Director of Learning (Welton)
- Mrs Asvadi-Director of Learning (Welton)

Form tutors (Welton);

- SS1-Miss Ashenden /Miss Davies
- SS2-Mr M Walker/Mrs Revell
- SS3-Mr Derrick/Mrs Stewart
- SS4-Miss Anderton/Mrs Gregory