



MENTAL HEALTH

Newsletter

FEBRUARY 2025

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood. A report published by NHS England in 2023 found that one in five children aged 5 to 16 were identified as having a probable mental health disorder. **That's 6 children in every classroom!**

Source NHS England

Many factors can affect children and young people's mental health. Traumatic events such as losing a loved one, bullying, physical or sexual abuse can trigger mental health problems for those children and young people already vulnerable. Changes to their life such as parents who separate or divorce, moving schools, financial worries or the birth of a sibling can all contribute to feelings of anxiety and poor mental health. For older children factors such as the changes to their body, struggling with school work or caring for a relative and taking on adult responsibilities can affect their mental health.



RECOGNISE THE SIGNS OF POOR MENTAL HEALTH

Many children and young people will experience behavioural or emotional problems at some stage. For some, these will resolve with time, while others will need professional support.

It can sometimes be difficult to know if there is something upsetting your child, but there are ways to spot when something's wrong.

Look out for:

- Significant changes in behaviour
- Ongoing difficulty sleeping
- Crying more than usual or persistent sadness
- Withdrawing from social situations or losing interest in friends.
- Not wanting to do things they usually like
- Self-harm or neglecting themselves
- Being reluctant to talk
- Irritability and aggression, particularly if this includes unprompted outbursts.
- Changes in appetite or rapid weight loss or weight gain.



The Mental Health Foundation has more information on how to spot the signs of poor mental health. Click the image to find out more.

Advice and Support

There are a number of services and charities that can offer advice and support on all areas of mental health in young people. Click on the logos to head straight to their website!



Leicestershire Partnership
NHS Trust



Leicestershire
County Council

Do you need help now?

24/7 support is available over the phone.
CALL NHS 111

SELECTING 2 FOR MENTAL HEALTH

This number is open 24 hours a day
and is totally free and confident.



Key Dates

- WORLD CANCER DAY - 4TH FEBRUARY
- TIME TO TALK DAY - 6TH FEBRUARY
- CHILDREN'S MENTAL HEALTH WEEK - 3RD TO 9TH FEBRUARY
- EATING DISORDERS AWARENESS WEEK - 28TH FEBRUARY TO 6TH MARCH

Children's Mental Health Week

Children's Mental Health Week 2025 will take place from 3-9 February 2025. The theme for 2025 is focus is Know Yourself, Grow Yourself. The aim of the week is to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them.

Check out the range of resources, activities and support available for families here!



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people



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Supporting South Leicestershire Schools to provide opportunities for all young people

South Leicestershire Community Board

Teen Health aims to help all children and young people in Leicestershire live healthier and happier lives. They provide support through a range of options such as group work, workshops, and one-to-one sessions. When needed the team will refer and signpost to other services across the county.

teen health

11-19 service

Find out more here

ACTIVE TOGETHER
YOUNG PEOPLE
PHYSICAL ACTIVITY & SPORT
HARDSHIP FUND

The fund will support young people from Leicestershire, Leicester and Rutland, in the greatest financial need, to overcome economic constraints and access physical activity and sport as a participant, official, coach, volunteer or talented sportsperson. Young people should be aged 21 years or under on 31st March 2025, or up to the age of 25 years for young people with SEND.

active-together.org/fundingfinder/1812

ROUND 1 DEADLINE: OCTOBER 6TH 2024

ROUND 2 DEADLINE: MARCH 2ND 2025

LETS GET MOVING

Click here



The Leicestershire Partnership NHS Trust have created a directory of mental health support available in your local area and how to access it.

Find out more here

Local Area Coordinators (LAC) support residents who wish to make changes to their current situations, whether they would like to find local groups and activities, or get involved in volunteering. They may be able to help them with benefits, budgeting or provide access to food and hygiene banks.



Find details of your Local Area Coordinators here

Find local support services in your area this winter here

