

## What is mental health?

**We all have mental health. Mental health is made up of thoughts, feelings and emotions.**

Our mental health can affect our behaviour and how we act. It can also make us feel sick, like there are butterflies in our tummy, unmotivated or distracted. It can affect the choices we make and how we handle situations, including things we find hard. It can also impact the way we treat or talk to our friends and family.

Our mental health does not stay the same all the time. Sometimes our mental health will be good and we feel happy or content.

There might be times when you feel sad, angry, upset, lonely, frightened or tired. It is important to remember it is okay to have these feelings. They are normal. We all have emotions that make us feel bad sometimes.

But when you feel sad or upset for a long time you might need some help from grown-ups to deal with those emotions and feel better.

## What should I do if I want to get some help with my mental health?

**You can speak to any adult in school or you can speak to adults at home if you feel able to.**

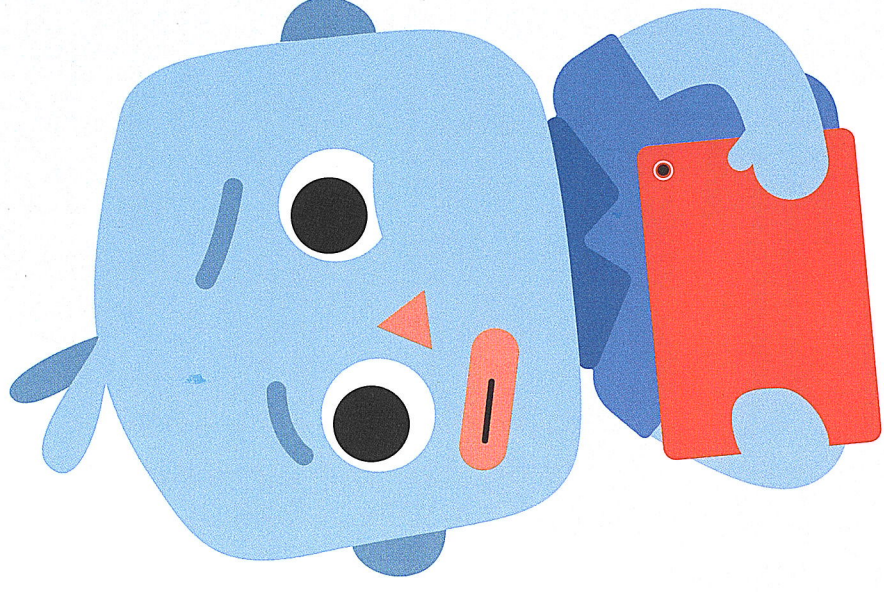
It is your choice who you speak to. Tell the person you trust how you are feeling. You should never feel embarrassed about how you feel. Even if you don't think it is serious, if something is on your mind it is still important to tell an adult. They might be able to do something to help make you feel better very quickly.

## How many people have problems with their mental health?

**Remember that anyone can have difficulties with their mental health, including children and grown-ups.**

About one in four grown-ups in the UK experience a mental health problem each year. In England, about one in six children have difficulties with their mental health.

In England,  
**1 IN 6**  
children have difficulties  
with their mental health



## Information for kids and parents

**We are a new service that helps children who need support with their mental health.**

We are trained professionals and are based in your school for a few days each week. You might know us as Educational Mental Health Practitioners (or EMHPPs for short).

**We can help with things like:**

**worry • anxiety • low mood •  
sleep problems**

**How we work**

We will usually have around two to eight one-to-one sessions. We will speak to you about your thoughts and feelings and help you to understand how to manage them.

We might also use workbooks, special breathing exercises or other techniques to help you solve problems and feel better. Sometimes we work in groups with other children who are feeling the same way.

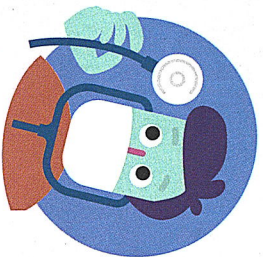
We will also make sure your teachers and parents or carers know how they can support you too.

If we can't help you, we can put you in touch with other people who can.

**What else do we do?**

- We help teachers to understand more about mental health and make changes to support everyone in school.
- We run school assemblies about mental health.

## Other sources of help



### For kids

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

### For parents

[www.healthforkids.co.uk/grownups](http://www.healthforkids.co.uk/grownups)

[www.leicspart.nhs.uk/mental-health](http://www.leicspart.nhs.uk/mental-health)

[www.yourminds.org.uk](http://www.yourminds.org.uk)

### Urgent Help

Call the Mental Health Central Access Point Freephone, 24 hours a day, seven days a week on

**0808 800 3302**

You can also speak to your doctor or GP.

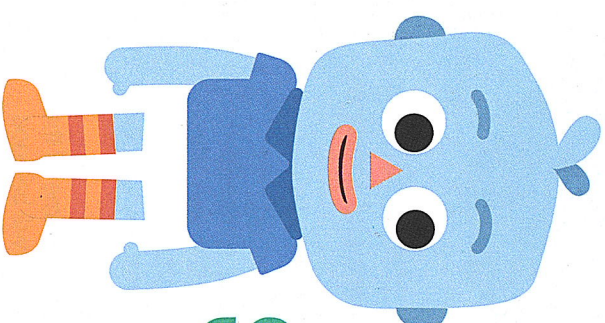
### In an emergency

In an emergency call **999** or **go to A&E** if your life is at risk or you do not feel safe.

Find out more about Mental Health Support Teams in schools by visiting

[www.healthforkids.co.uk/mhstieigs](http://www.healthforkids.co.uk/mhstieigs)

  
Leicestershire Partnership  
NHS Trust



**Mental  
Health  
Support  
Teams  
in schools**

**Information for primary school  
children and their parents or carers**

Find out more by visiting

[www.healthforkids.co.uk/mhstieigs](http://www.healthforkids.co.uk/mhstieigs)

**Health  
for Kids!**

  
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