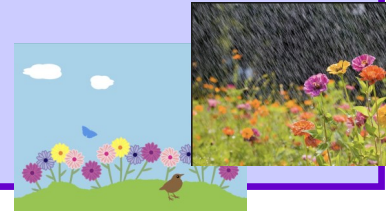




Child Friendly Mental Health Policy

What is mental/emotional health?

Mental health is just as important as physical health. It's all about how we feel and think, and how we cope with the ups and downs of life. Imagine your mind as a garden. Sometimes, it's sunny, and the flowers are blooming beautifully. Other times, it might rain, and the garden feels a bit gloomy. Mental health is about taking care of our garden, no matter the weather.



How we support our children's emotional needs

At Underwood West Academy we strongly believe that your mental wellbeing is as important as your physical health. Often, young people suffering from mental health issues don't talk about how they are feeling. Here at Underwood West we give you a voice and a place where you can be heard. We think it is important for every child in our school to have the opportunity to express their feelings.



Here are some important things to know:

- **Feelings:** Just like we feel happy or sad, our mental health can also bring different feelings. It's okay to feel all kinds of emotions – happy, excited, sad, angry, or worried. Talking about these feelings can help them feel less overwhelming.



- **Thoughts:** Our thoughts are like seeds in our garden. Positive thoughts can make our garden flourish, while negative thoughts can make it wilt. Sometimes, we might have unhelpful thoughts, like thinking we're not good enough. It's important to challenge these thoughts and replace them with helpful ones.





Child Friendly Mental Health Policy

- **Coping:** Life can be like a rollercoaster, with highs and lows. Coping means finding ways to deal with the tough times. This could be talking to someone we trust, doing something we enjoy, or practicing relaxation techniques like deep breathing or mindfulness.



- **Support:** We're not alone in our garden. Family, friends, teachers, and other caring adults are there to help when we need it. It's important to reach out and ask for support when we're feeling overwhelmed.



- **Self-care:** Just like we take care of our bodies by eating healthily and exercising, we also need to take care of our minds. This means getting enough sleep, eating nutritious food, staying active, and doing things that make us happy.



We all have difficult days and it's okay to speak to your parents, guardians, family, any school staff or of course your friends.