

HEADSTRONG

Mental health awareness programme

Dear parent/carer,

Your child's class will be participating in a five week mental health / emotional well-being programme called "Headstrong". It will be run by members of the School Nursing team and will begin on Tuesday 7th November for one hour per week.

The main aim of the programme is to promote a positive approach to mental health and explore as a class our attitudes and prejudices as individuals and as a society. We will also address some of the myths and provide factual information in a sensitive manner. Every pupil will always be given the option on whether they wish to participate during class discussions.

Time will also be set-aside at the end of each session, for all pupils who wish to come along to the 'drop-in', whereby they can choose to use the time to having a one to one chat, or read through the many topical books and leaflets available covering a wide range of issues.

In the first session your child will be given a box and asked to fill it with things which would help them look after their own emotional health (e.g. see below)

- A tape of music or video, which they find relaxing or fun.
- Photographs of people who are supportive in their life.
- Positive comments written by friends and family members.
- Something, which represents an activity or sport, that encourages them to feel positive about themselves
- List of activities or contacts that they would find helpful to look after their own emotional health.

In sessions 2-4 we will discuss different types of mental health. We discuss scenarios and strategies of coping with new stresses. In many cases the move to high school can be a huge worry.

Self harming is an issue in children aged between 11 and 16 and we do ask the children what they know and understand about this. We also discuss bereavement, and the normal bereavement process, including where to go for help if you need it.

If you are concerned about your child's participation in this programme or would like further information, my contact details are available at the school

Yours sincerely

Judy Anderson

School Nursing Team

Some useful websites for more information:

- www.moodjuice.scot.nhs.uk
- www.youngminds.org.uk
- www.anxietyuk.org.uk
- www.childbereavement.org.uk
- www.shapeofmind.scot.nhs.uk
- www.breathingspacescotland.co.uk
- www.selfharm.uk.org
- www.nspcc.org.uk