

# Walworth Primary School

Supporting the Emotional Wellbeing  
and Mental Health of  
Our School Community



This leaflet will provide you with a basic understanding of how we can help each other to support the emotional wellbeing and mental health of the school community

## World Mental Health Day

October 10



## Hello and welcome to our school

Today we are here to recognise the importance of understanding Emotional Wellbeing and Mental Health issues.

At our school, we aim to promote positive mental health and emotional wellbeing for every child, parent, carer and member of staff.

We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at identified vulnerable pupils and families.

**It is our vision that all children are entitled to develop academically, socially and emotionally to their fullest potential.**

We aim to nurture and develop our children's wellbeing and self-worth, with a view to enabling them in the long term to participate in the wider community; laying the foundations for their teenage years and adult life.

We are happy to inform you that our school is working towards meeting quality mark standards for ensuring effective practice and provision is in place that promotes the emotional wellbeing and mental health of both staff, pupils and families.

Mr Roland Cooke  
Head Teacher



At Walworth we employ key people to support the coordination and development of emotional wellbeing and mental health provision within the school community.

**Mr Roland Cooke**

Head Teacher  
Senior Mental Health Lead  
(Dfe Trained)



**Mrs Rebecca Borrill**

Primary Mental Health Clinician  
(CAMHS)



**Ms Suzanne Matthews**

Parental Support Advisor  
Mental Health First Aider



**Miss Vicky Bourne**

Deputy Head Teacher  
Mental Health First Aider



**Miss Emma Reed**

Senior Lead Practitioner  
Mental Health First Aider



**Mrs Nikki Rutter**

Governor Lead for Emotional  
Wellbeing & Mental Health



**Contact details**—If you require any help or advice about emotional wellbeing and mental health issues, you can contact the above people on the school landline

**01325 300194** or email

**walworth@durhamlearning.net**

## Taking care of our Mental Health



We all need to take care of our mental health and well-being whether we have a mental health problem or not. Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. It can change from moment to moment, day to day, month to month.

### Did you know that...

- ♦ 1 in 10 children and young people aged 5-16 suffer from a diagnosable mental health disorder. That is about 3 children in every class.
- ♦ There has been a big increase in the number of young people being admitted to hospital because of self-harm. Over the last ten years this figure has increased by 68%.
- ♦ More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at that time.
- ♦ Over 8000 children aged under 10 years old suffer from severe depression.
- ♦ 3.3% or about 290,000 children and young people have an anxiety disorder.
- ♦ 72% of children in care have behavioural or emotional problems these are some of the most vulnerable people in our society.

### Useful Websites

- Young Minds ([www.youngminds.org.uk](http://www.youngminds.org.uk))
- Mind ([www.mind.org.uk](http://www.mind.org.uk))
- Minded ([www.minded.org.uk](http://www.minded.org.uk)) - e-learning opportunities
- Self Harm ([www.selfharm.co.uk](http://www.selfharm.co.uk))
- National Self-Harm Network ([www.nshn.co.uk](http://www.nshn.co.uk))
- Depression Alliance ([www.depressionalliance.org/information](http://www.depressionalliance.org/information))
- Anxiety UK ([www.anxietyuk.org.uk](http://www.anxietyuk.org.uk))
- Prevention of young suicide UK—PAPYRUS ([www.papyrus-uk.org](http://www.papyrus-uk.org))
- Beat—The eating disorders charity ([www.b-eat.co.uk/about-eating-disorders](http://www.b-eat.co.uk/about-eating-disorders))