

Let's talk about mental health and wellbeing



The COVID19 pandemic has impacted upon all of our lives in different ways. The Scottish Government Children and Young People Policy and Legislative map has mental health and wellbeing at centre of its drivers. I am a Children and Young People's Occupational Therapist who is currently working in a new role which is looking at new approaches to supporting children and young people's mental health and wellbeing across East Ayrshire. This involves me working with children and young people in lots of different setting including nurseries, primary schools, secondary schools, special schools and within their local communities. I am delighted to be delivering this project in the Primary 4 and 5 classes at Dunlop Primary School over a 4 week period to talk in general about mental health and wellbeing.

What are we going to talk about?

- Mental Health – what is it?
- Wellbeing – what does this mean?
- Feelings – what are they and how do we express them?
- Coping techniques – what works for you when you are feeling upset/overwhelmed

What are the purposes of this approach?

- To support children and young people to think about their own health and wellbeing in relation to managing their emotions and talking about their feelings.
- To provide some activity ideas and resources for children and young people to refer to if they are feeling upset or worried.
- To support and implement current Scottish Government frameworks and policy drivers in relation to children and young people's mental health and wellbeing.

References:

<https://www.gov.scot/publications/community-mental-health-wellbeing-supports-services-framework/>

<http://www.healthscotland.scot/publications/children-and-young-people-policy-and-legislative-map>