

Mental Health and Wellbeing

S3 Information Evening

Charlene McCallum

Principal Teacher Pupil Support



An overview



- Study skills/managing school work – practical advice
- Balanced approach
- “Left to their own devices” Barnardos paper
- Mental health and support

Study skills/managing school work – practical advice

- A calm, quiet space
- Phone away
- Plan ahead – begin early so that S4 is a continuation

<H:\3A3 study template.doc>



Balanced Approach



Some light reading.....

Left to their own devices

Young people, social media
and mental health

By Mihalis Papamichail and Neera Sharma, June 2019

**Believe in
children**
 **Barnardo's**



Mental Health Message

Presented to pupils at assembly and via PSHE

In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life.

But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

In the same way you may speak to someone if you have say a sore leg or suffering from flu. It is important that you have someone to speak to when your mental health isn't feeling as it should.



Mental Health First Aid Training

On 29th May 2019 staff involved attended a full day training session led by Mental Health First aid facilitators (Health). Following this all staff who attended the training were required to submit a written piece and all are now Mental Health First Aiders (MHFA)

The following staff now form the MHFA team within St Ninian's:

Duncan Downie (Physics)	Claire Leckie (Geography)	Jacqueline Marshall (French/PT Pupil Support)
Karen Howson (History)	Martin Power (Chemistry)	Colleen McGoldrick (Biology)
Marie Clare Smith (Art)	Mark Gallagher (Biology/PT Pastoral)	Kirsty Thornton (Biology)
Mark McKean (Maths/PT Pastoral)	Laura Miller Art/ PT Wider Achievement	Rachel Green (English)
Giuseppe Capuano (PT PE)	Jennifer Wilson (Chemistry/ DHT)	Joanne Bastable (English)



Mental Health First Aid Team in St Ninian's

Our role

- To provide comfort to a person experiencing difficulties with their mental health
- To provide support and advice – a supportive ear
- To promote understanding of mental health issues.

The MHFA Board

- ✓ The MHFA board is the first display board as you approach the big pastoral base – pictures of staff are displayed here.

Drop in time (Monday lunchtimes)

- ✓ MHFA's will be available Monday lunchtime
- ✓ S6 Students will be available Wednesday lunchtime





Name: Mrs Marshall

**Role: PT Pupil
Support(Learning)/Modern Languages**

**Where you can find me: Pupil Support
Base/Modern Languages 3**

**My go to strategy is: I like to read a book
to my son Blair in his play tent or go for a
walk in the fresh air with some music**



Name: Mrs Howson

Role: History/Modern Studies Teacher


**Where you can find me: History and
Modern Studies Base**

**My go to strategy is: Putting an
upbeat playlist on and going a run in
the fresh air**



Starting the Mental Health Conversation

St Ninian's High School



Starting the conversation
about
MENTAL HEALTH

A guide for Parents / Carers



Advice published by Scotland's Association for
Mental Health (SAMH)

