



TIPS FOR THIS WEEK FROM THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS

MHST ARE HERE TO SUPPORT AND WORK IN PARTNERSHIP WITH UNIVERSITY ACADEMY KEIGHLEY

THE TEAM ARE HERE TO HELP WITH EARLY INTERVENTION SUPPORT FOR EMOTIONAL AND MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE

OFFERING SUPPORT TO PARENTS, SCHOOL, CHILDREN AND YOUNG PEOPLE TO RAISE AWARENESS OF COMMON MENTAL HEALTH CONCERNS.

WE RECOGNISE THAT LOOKING AFTER YOURSELF CAN BE CHALLENGING IN THIS CURRENT TIME BUT HAVING THESE TOP TIPS CAN HAVE A MASSIVE IMPACT ON YOUR OWN MENTAL WELLBEING

MENTAL HEALTH MYTH-BUSTERS

As a parent, you know your child better than anyone else, if you suspect that they are suffering from a mental health problem, it's important to know the facts. Debunking myths about child mental health is critical to getting more children the help and understanding they deserve.

Myth 1 : Mental illness only effects adults

Fact: Even very young children may show early warning signs of mental health concerns. It will impact learning in children, leading to more challenges in the future.



Myth 2: Mental illness is a sign of weakness

Fact: mental health disorders are illnesses, just like physical disorders. They are not a result of poor character and has nothing to do with being lazy and weak.

Myth 3: Bad parenting causes mental illness

Fact: There is not a specific factor that leads to mental illnesses. While a child's home environment is one factor, even children raised in optimal conditions can experience mental illness. Mental illnesses can arise from genetics, environment, trauma, and other life experiences.



Myth 4: Children grow out of mental health problems

Fact: Most mental health problems left untreated in childhood become more difficult to treat in adulthood. Early intervention can help a child before problems interfere with other developmental needs.



Myth 5: Therapy for children is a waste of time

Fact: Research has shown that there is a window of opportunity during the first few years when symptoms appear, when interventions are most successful. Therapy is about gaining new coping skills and learning different strategies for handling problems.