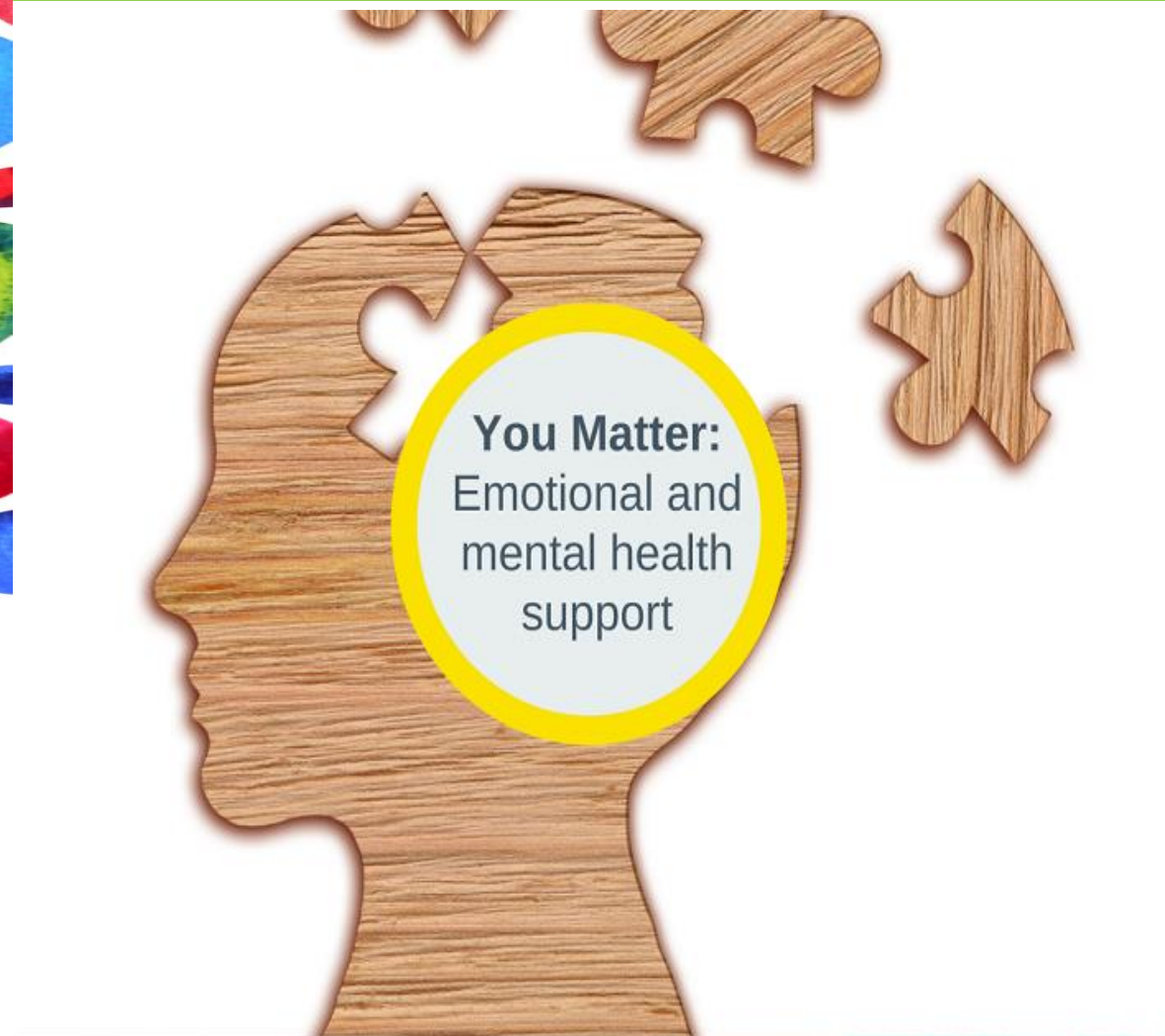




Our Well-being and Sustainability Steering Group Caring about your Mental Health





Understanding the concept of Mental Health

The World Health Organization (WHO) first introduced the concept in 1948, many different definitions of mental wellbeing have been presented.

"Mental health...is a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."



What Causes Mental Health Concerns ?



Mental Health issues can have a wide range of causes.

It's likely that for many people there is a complicated combination of factors – although different people may be more deeply affected by certain things than others.

For example, the following factors could potentially result in a period of poor mental health for many:

- Having suffered childhood abuse, trauma, or neglect
- Social isolation or **loneliness**
- Experiencing discrimination and stigma, including **racism, unemployment, settlement and status challenges**
- Social disadvantage, poverty or being in debt
- **Bereavement** (losing someone close to you)
- Severe or long-term **stress from difficult situations**
- Having a long-term physical health condition/illness
- Inability to work or losing your job
- **Homelessness** or **poor housing**
- Being a **long-term carer** for someone seriously ill
- **Drug and alcohol misuse**

- domestic violence, bullying or other **abuse** as an adult
- **divorce, postnatal depression, a medical condition or a family history of the problem.** But people can have these sorts of issues with no obvious causes.
- Mental health is about how we **think, feel** and **behave**. **Anxiety** and **depression** are the most common mental health concerns.





How can we best support you?

We know that **One** in **four** people in the United Kingdom will have a mental health concern at some point in their lives.

While mental health issues are common, most are mild, tend to be short-term and are normally successfully treated, with medication, by a GP or by counselling and support from a provider, faith community or therapist.

Here at St. Antony's we know and understand that some of our families are faced with daily challenges e.g. no **recourse to public funds**, **immigration status challenges**, **temporary housing** to name but a few. So in partnership with Newham Community Adolescent Mental Health Services (CAMHS) Primary School Outreach Team – **Ms Yuan Wang** We aim to:

- **Increase Mental Health awareness** among our parent body,
- **Provide opportunities for early identification of Mental Health difficulties and offer support and access to help as much as we can,**
- **Continue to promote the development of health and emotional well-being among our pupils- to keep them well balanced.**



Let's Discuss **Taking Control** of our Mental Health

- **Develop a greater understanding of your mental health**
- **Identify the signs of a dip in your mental health**
- **Learn how to take care of your mental health**
- **Build a supportive culture at St Antony's of to promote good mental health across the school.**

Come and participate **here** at St. Antony's in **Mental Health Workshops** and meet & speak with representatives from Coram Legal Service, who are all here to support you in your journey towards better well-being.





Immigration Matters

Schools Project



We will seek to provide holistic support to parents in St Antony's to ensure that they are supported, offer quality legal advice and given the opportunity to organise and change the systemic challenges they are facing.

What Are The Project's Aims?

- **Help families** access good quality immigration advice through our partners at Coram
- **Equip schools to understand the immigration issues facing their families** and support them on the route to settlement/citizenship
- **Build a team of parents and train them in the tools of community organising and leadership**, so they can tackle the issues impacting them
- **Provide models of best practice** for other schools to learn from

Remember... There is always something that you can do to help yourself no matter what your current situation

10 TOP TIPS

For Good Mental Health

