

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
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## Welcome to our April Well-Being Newsletter!

Our April Well-being Newsletter will focus mostly on Men's mental health. In England, around one in eight men has a common mental health problem such as depression, anxiety, panic disorder or obsessive-compulsive disorder (OCD). However, these figures can only tell us about mental health problems that have been reported – many cases may go undiagnosed. This is especially true when it comes to men's mental health. Social expectations and traditional gender roles play a role in why men are less likely to discuss or seek help for their mental health problems.

Life events affect both men's and women's mental health and there is health and support available if you are worried about your own or someone else's mental health.

Please refer to page 3 for organisations that offer support.



## Some statistics on Men's Mental Health



- Three times as many men as women die by suicide in the UK;
- Men aged 40-49 have the highest suicide rates in the UK;
- Men report lower levels of life satisfaction than women according to the Government's national well-being survey.
- Men are less likely to access psychological therapies than women: only 36% of referrals to the NHS talking therapies are for men.

In addition, men are far more likely than women to go missing, sleep rough, become dependent on alcohol and use drugs frequently.

However, research suggests men will access help that meets their preferences and is easy to access, meaningful and engaging. For example, Men's Sheds provides community spaces for men to connect and chat, often over practical activities (<https://menssheds.org.uk/>).



# Parents' Corner

## How to support my child's emotional health



### What can I do at home?

- Find time to talk, just the two of you – Choose an informal time, like when going on a walk together or while watching a film on the sofa: 'Check-in' so that they get used to talking about their feelings;
- Play together: play helps children to be curious, learn new things, solve problems and express feelings without words;
- Be a role model: show how you cope with difficult feelings and look after yourself.

### Does my child need mental health support?

It is normal to feel angry, sad, worried or stressed sometimes. However, your child might need extra support if they struggle to cope with those feelings.

#### Look out for:

- sudden changes in behaviour,
- negative thoughts and low self-esteem,
- arguing and fighting,
- sleep problems,
- avoiding school or staying with you all the time,
- aches and pains.

Remember – everyone is different, and these signs might not be related to a mental health problem. Children and young people can be affected by significant changes like:

- death or illness in the family,
- parents separating,
- moving school or moving house
- tests and exams,
- adolescence and puberty,
- relationship and friendship problems.

Try talking to them first. If you are worried, there are some organisations that offer support specifically for children and young people: please refer to page 3 for a list of those organisations.

**If their life is in immediate danger, call 999.**

## Why don't men talk about their mental health?



- Men are often expected to be the breadwinners and to be strong and in control. This can make it harder for men to reach out for help and open up.  
Some research also suggests that men who can't speak openly about their emotions may be less able to recognise symptoms of mental health problems in themselves, and less likely to reach out for support.
- Men may also be more likely to use potentially harmful coping methods such as drugs or alcohol and are less likely to talk to family or friends about their mental health.
- Insecurity of being the only weak person among a group makes it even more complicated for men to open up. With this, they do not open up in spite of realising their need for help.
- Women display signs of depression by appearing sad, disheartened, or unworthy, whereas, men display it in the form of anger, irritability, impulsivity, frustration, and other anti-social behavior.
- It takes a lot more effort for men to acknowledge and take the next step.



## Chaplain's Corner



We now commit ourselves to You for the day

It may not bring us all sunshine, gladness, and ease

It may have clouds, and pain, and hardship

But, Father, we want to make it a sweet, beautiful day

Whether it shall be bright or dark

Give us much of Your Spirit, and may we live near You all day

We ask all in Jesus' precious name. Amen.



# Help and Guidance

Services available  
all year round:



**Shout 85258** is the UK's free, confidential, 24/7 text support



Free online support for young people



Free emotional support for young people



Free advice and support



Free online counselling support  
For over 25s



Bereavement Support for children  
<https://rainbowsgb.org/>

