



MENTAL HEALTH



South Leicestershire School Sports Partnership Newsletter

February 22

What is Mental Health?



Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.

Signs of poor mental health in young people

Emotional signs to look out for include:

- Crying more than usual
- Persistent sadness
- Irritability and aggression – particularly if this manifests in regular, unprompted outbursts
- Appearing bored more often than normal

Behavioural signs that could be a sign of poor mental health include:

- Young children may become clingier while young adults become more withdrawn
- Losing interest in friends and other things they like doing
- Being reluctant to talk
- Usual activities don't retain their interest
- Difficulty concentrating

Physical signs of poor mental health in children

- Changes in appetite
- Disrupted sleep patterns
- Increased bed wetting for younger children
- Frequent headaches or stomach aches
- Rapid loss of weight
- Teeth grinding
- Loss of hair
- Self-harm

Mental health is important at every stage of life, from childhood and adolescence through to adulthood.



Children's mental Health Week runs from 7-13th February, find out more here!

Tips to support children & young people

- Be there to listen
- Support them through difficulties
- Stay involved in their life
- Encourage their interests
- Take what they say seriously
- Build positive routines

YOUNG Mi MINDS

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need. For information, support and resources, visit their page [here](#)



time to change

let's end mental health discrimination

Time to Talk Day is taking place this year on February 4th. Its aim is to get people to choose to talk about mental health and by doing so help change lives. It's a chance for all of us to open up to mental health — to talk, to listen, to change lives.



For more information on Children's Mental Health, visit NHS every mind matters page [here](#)

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