



Mental Health

Safeguarding is everyone's responsibility

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1 in 6 children have a probable mental health disorder

1 in 4 adults have a probable mental health disorder

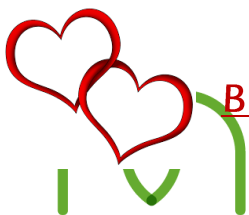
75% of mental health issues started in adolescent years by the age of 18

93% of the brain is directly controlled by the limbic emotional brain. **You are only as old as the age your brain has reached.** Only when you are emotionally understood the brain is engaged.

Key Messages:

- Everyone has mental health. The aim is for everyone to have positive and healthy mental health.
- A significant trusted adult is key. **Relationships are vital.**
- **Children need to feel safe** to learn and thrive.
- Interaction can be intervention.
- Staff wellbeing is essential as a priority to supporting pupils, parents, carers and colleagues.
- ALL BEHAVIOUR IS COMMUNICATION.
- It has to be a whole school approach.

Mental health influences how we think and feel. It can come from a range of internal and environmental factors. Everyone's mental health is different and everyone has different triggers. How healthy our mental health is depends on our **ability to cope.**



MHFA England

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