



CROWN HILLS
COMMUNITY COLLEGE
A Specialist Sports College

Q&A Session

Please ask any questions.

We will read through and try our best to answer all of them!

Q&A Session

Please list any questions or concerns you may have below and we shall try to answer them in this session



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Today's session

Supporting your child's mental wellbeing



PARENTAL GATHERING

Supporting your child's mental wellbeing
with guest speaker Rehana Sidat from Jamila's Legacy
Monday 4th March
8.45am-9.30am



Parent Gathering Dates 23/24
11th September, 9th October, 6th November,
11th December, 15th January, 5th February,
4th March, 15th April, 7th May, 3rd June, 1st July



ASPIRATION
Be the best that you can be

COMMITMENT
Do what it takes for as long as it takes

SUCCESS
Be ready to take on the world



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training



Supporting your child's mental wellbeing



Jamila's Legacy CIC
Mental Health
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Jamila's Legacy

Supporting and educating communities and organisations in mental health wellbeing.

Rehana Sidat

Founder/CEO

Jamila's Legacy CIC

BSc (Hons) Cognitive Behavioural Therapeutic Approaches



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training

Jamila's Legacy is a non-profit organisation that offers advice, advocacy, support, a listening service, self-care activities and training to individuals interested in maintaining their own mental health well-being and supporting others.



Jamila's Legacy has been bringing people together to increase mental health awareness and deepen understanding since 2015. We have been working at a community and grassroots level, engaging with ethnic minority communities, and have developed an understanding of their needs, barriers and challenges.



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Awareness | Resilience | Training



Jamila's Story



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training

We know that stigma and shame around mental health still exists and in some ethnic minority communities there can be additional barriers and challenges to opening up or seeking help due to family and community expectations and/or some cultural norms and beliefs.



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Vision



Our vision is to normalise mental health conversations and create a society where people with mental health problems are accepted, valued and feel they belong.



Mission

Our mission is to educate, build confidence and empower people with mental health problems so that they are well informed of their rights and choices, are able to maintain their own mental wellbeing and become confident self-advocates.



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- **The Women's Mental Health Wellbeing Project**
- **Men's Monthly Mental Health (Online sessions)**



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- **Mental Wellbeing Mondays**
- **The Young People's Project**
 - **Time Out Sundays**
- **Highfields Neighborhood Mental Health Café**
- **Sukoon – Counselling & emotional support for South Asian families affected by Cancer. (New project commencing in May 2024)**

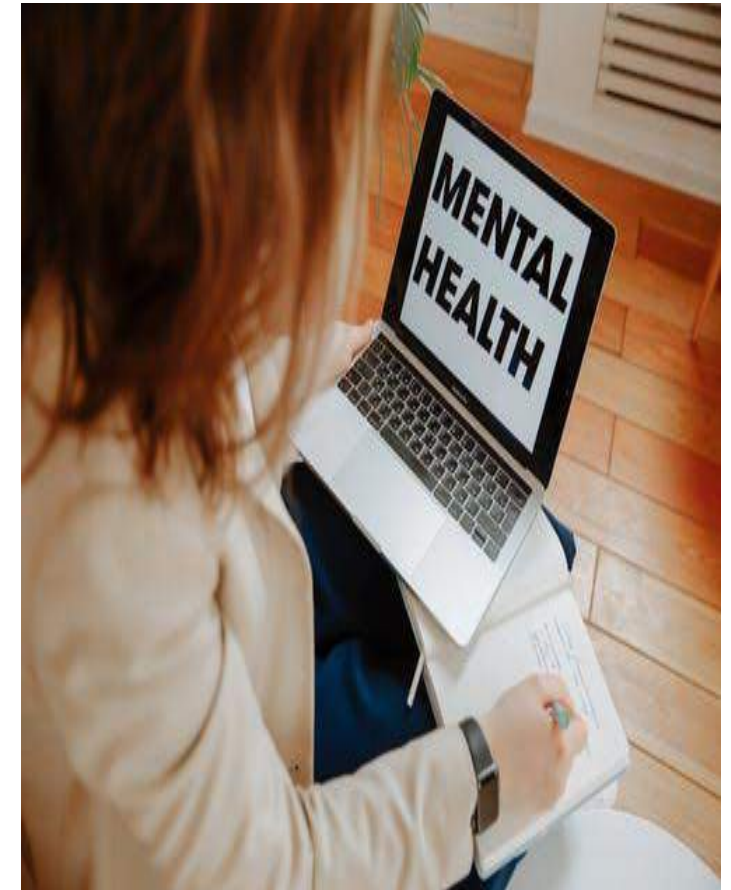
Definition of mental health


What is mental health?



Mental Health: definition

“Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” **World Health Organization (WHO)**



A decorative graphic on the left side of the slide, consisting of a complex, overlapping pattern of yellow and orange geometric shapes, resembling a stylized sun or a mosaic. The pattern is semi-transparent and has a jagged, torn-paper-like edge on its right side.

**How common is it to
have a mental health
problem?**

Mental health

**1 in 4 people will
experience a
mental health
problem of some
kind each year in
England.
(NHS)**



Mental health

1 in 6 people report experiencing a common mental health problem, like anxiety and depression in any given week in England.

(NHS)





Women and mental health

In England, around one in five women has a common mental health problem such as anxiety, depression or self-harm.

Men & 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).”

Mental Health Foundation

Men



[Men's views of mental health and how they deal with it - YouTube](#)

[Men's Mental Health - YouTube](#)

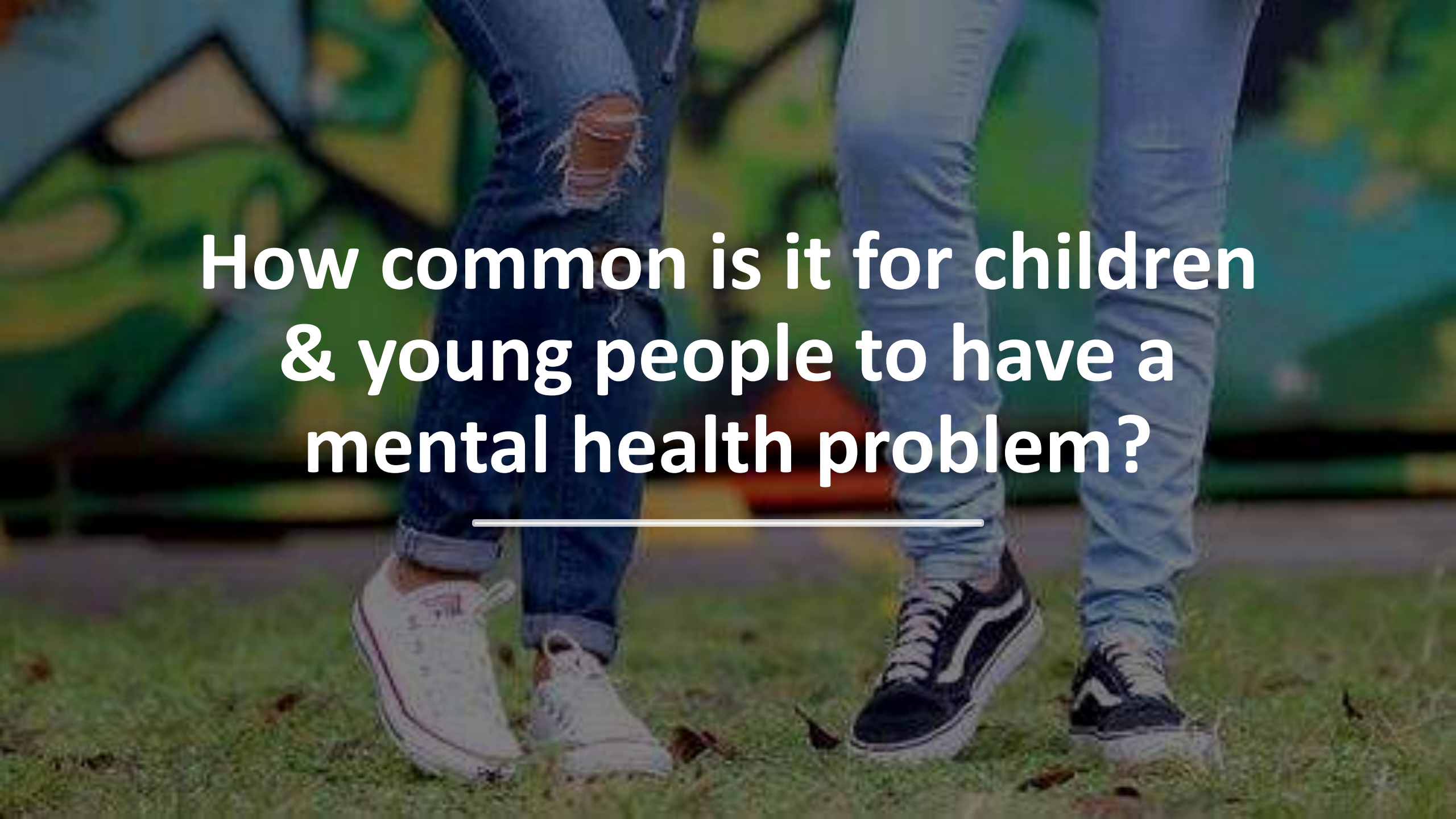


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MENTAL ILLNESS



If you go through a period of poor mental health, you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse. **(MIND)**

The image shows the lower legs and feet of two people standing on a grassy area. The person on the left is wearing blue denim jeans with a large tear on the right knee and white sneakers. The person on the right is wearing light blue jeans and dark blue sneakers. The background is a blurred green and blue pattern, possibly a mural or a wall. The text is overlaid in the center of the image.

**How common is it for children
& young people to have a
mental health problem?**

Mental health problems in children & young people



Mental health problems affect around one in six children. They include depression, anxiety and conduct disorder (a type of behavioural problem) and are often a direct response to what is happening in their lives.

(Mental Health Foundation)

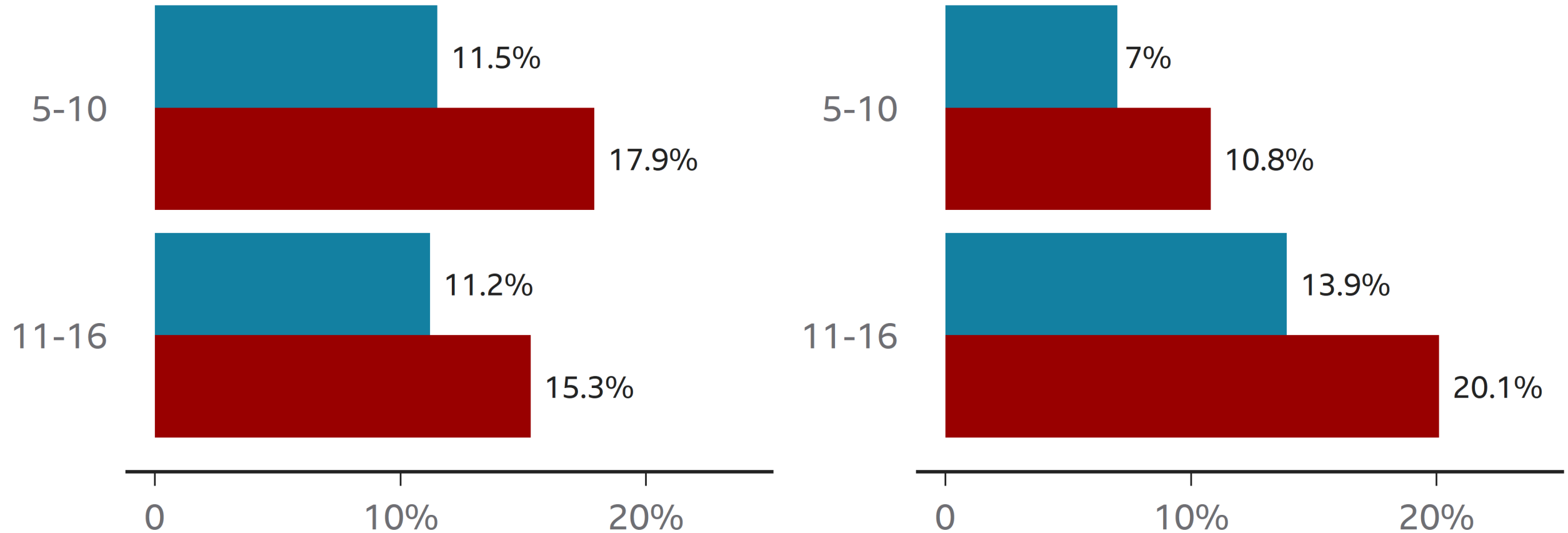
Mental health in children has worsened

% of children with probable mental health problems by age-group, England

■ 2017 ■ 2020

Boys

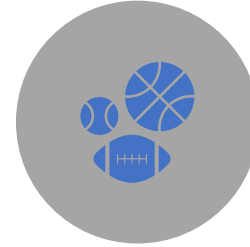
Girls



Children and young people's mental health in 2022



Key findings



1 in 8 (12.6%) 11 to 16 year old social media users reported that they had been bullied online. This was more than 1 in 4 (29.4%) among those with a probable mental disorder.



11 to 16 year old social media users with a probable mental disorder were less likely to report feeling safe online (48.4%) than those unlikely to have a disorder (66.5%).



1 in 5 (19.9%) 7 to 16 year olds lived in households that experienced a reduction in household income in the past year. This was more than 1 in 4 (28.6%) among children with a probable mental disorder.



Among 17 to 22 year olds with a probable mental disorder, 14.8% reported living in a household that had experienced not being able to buy enough food or using a food bank in the past year, compared with 2.1% of young people unlikely to have a mental disorder.



National Centre for Social Research

Aaliyah's Story



[Aaliyah shares her story - YouTube](#)

Would you seek support
if you were struggling?

Help and support

If you are struggling and feel that you might need some support with your mental health, it is important to try and get the right help.

You may want to start by speaking to family, friends or carers you trust about the difficulties you are experiencing.

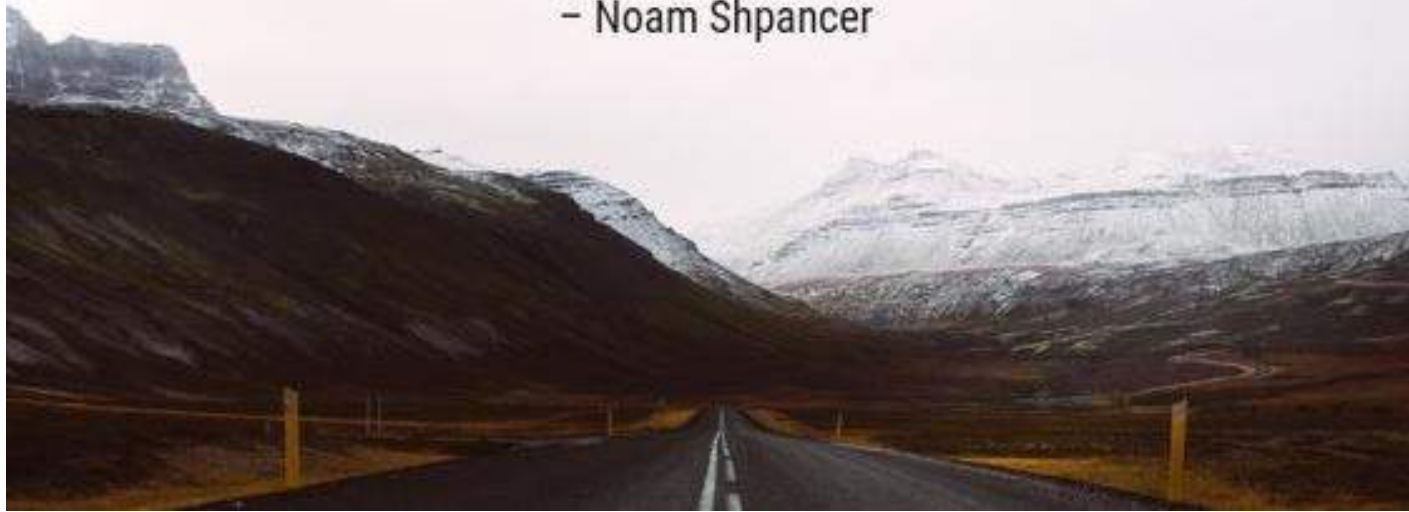
Help and support

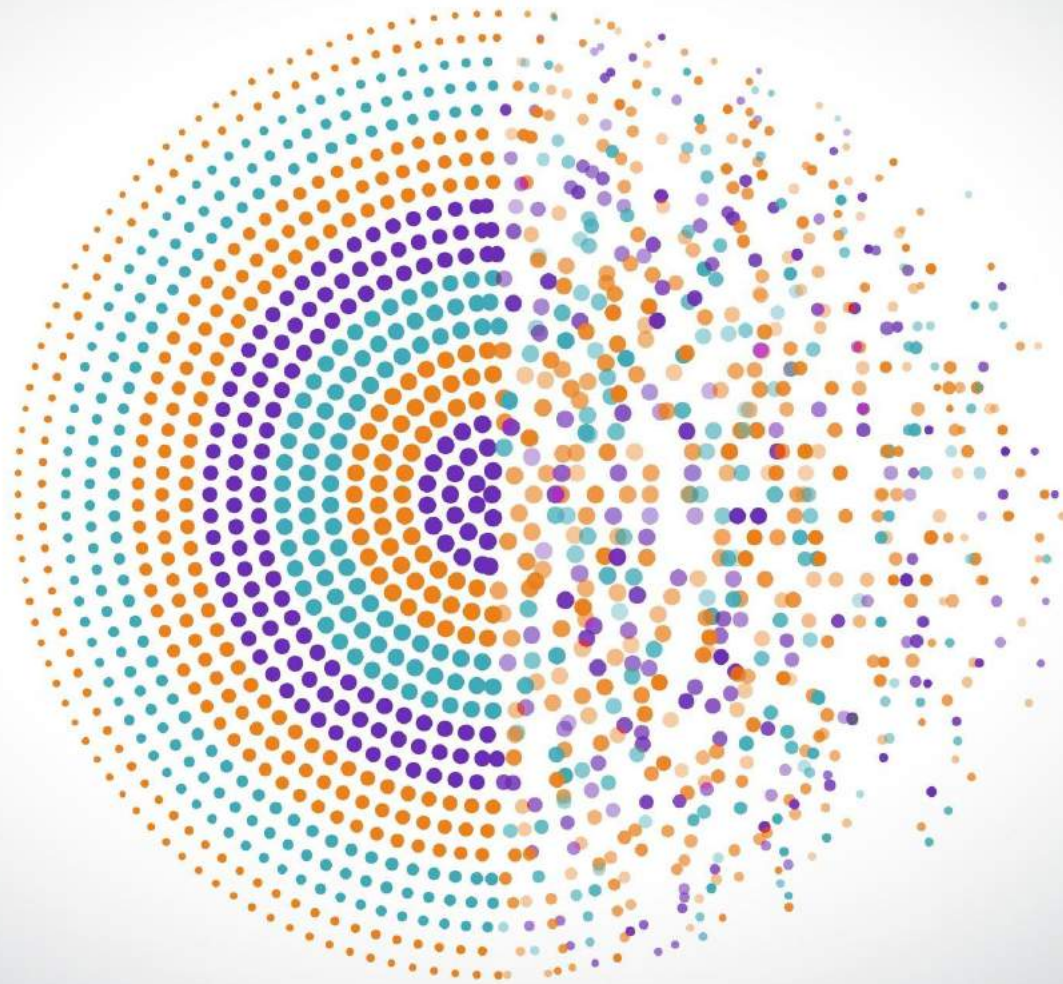
If you've noticed changes in the way, you are thinking or feeling over the past few weeks or months that concern you and cause you distress, you should consider going to see your GP.

You can approach your GP for advice and a referral to mental health support and services.

“Mental health is not a destination,
but a process. It’s about how you
drive, not where you’re going.”

– Noam Shpancer





How can parents support their child to maintain their mental health?

How can parents support their child when they are struggling to cope?

Do you know where to get help, advice or support for your child if they were struggling to cope?



We know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help



At the end of the day,
the most overwhelming
key to child's success is
the positive involvement
of the parents.

Jane D. Hull





Thank you





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