



Supporting Mental Health for Parents and Children: Safety first

Just Say Parent Forum

Friday 22nd November 2024



BDSIP | HELPING STUDENTS SHINE

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Have held numerous posts in education including:

- Form Tutor, Teacher
- Head of Year
- SENDCO and Assistant Headteacher for SEND, EAL and Safeguarding (All-Through school)
- Level 4 Qualified Integrative counsellor
- Qualified Sound therapist

Mother of a child with a hearing impairment, and a child with anxiety.
Human.



Safe Space

Respectful

Kind

Judgment free



Google Translate

Google LLC

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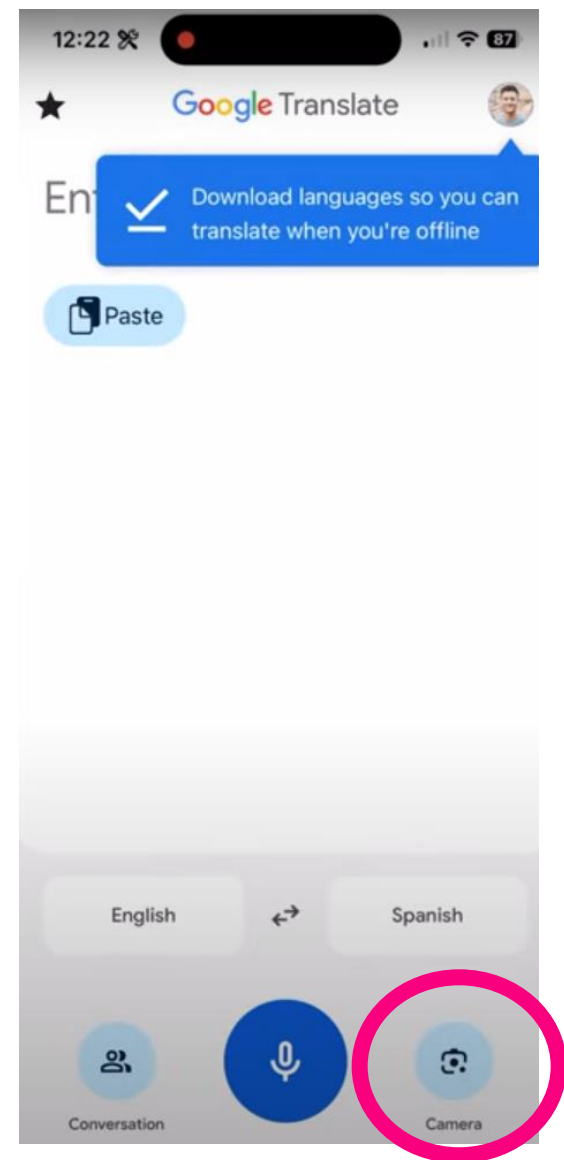
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Today's training



What is mental health?



Protective Factors and Signposting



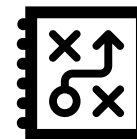
Diagnosis



Safety and siblings



Impacts of SEND on Parental Mental health



Managing triggers and coping strategies

What stigmas does society have about mental health?

Mental health = poor hygiene

Only drug addicts have mental health difficulties

People with mental health needs are selfish

People with mental health needs are violent.

What is Mental Health?





Mental Illness *Stigma*:

Condition:	Perceived Cause:	Perceived Solution:
Depression	Being weak	"Suck it up"
Anxiety	Being unable to calm down	"Stop worrying"
Anorexia	Not eating enough	"Just eat more"
Bipolar	Being too dramatic	"Don't be crazy"

Mental Illness *Awareness*:

Condition:	Cause:	Solution:
Depression	A combination of genetic predisposition, personality factors, and environmental events/triggers/ circumstances	A holistic treatment plan that helps you cope and heal cognitively, emotionally, behaviourally, and spiritually over time.
Anxiety		
Anorexia		
Bipolar		

#EndTheStigma



@RealDepressionProject



World Health Organization

“Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community” WHO

“Mental ill health, like physical ill health, often has its roots in the interaction between the individual’s genetic, biological, neurodevelopmental and other fundamental attributes. Like so many healthcare conditions, it is the complex interaction between the individual and the environment in which she or he grows up, works in, lives in, that can protect against, or trigger, the development of mental illness.” NHS England Blog, 2017





Talking or
psychological
therapies

Diet or lifestyle
change

Alterative
medicines i.e.,
reiki, sound
baths, mediation
or breathwork

Medication

Signs and Symptoms



Mental health condition	Sign/Symptoms (children and adults)
Anxiety/GAD	Reduced concentration and memory, irritability, avoidance of specific situations, difficulty making decisions, inability to relax.
Depression	Low mood for extended periods of time. Feeling sad, anxious, guilty, helpless, angry, hopeless. Increased self-criticism/blame, impaired memory and concentration. Not meeting personal care needs or responsibilities.
OCD (Obsessive compulsive disorder)	Experiencing intrusive thoughts or images which impact everyday things such as going to the bathroom or interacting with others. Crippling anxiety causes everyday things to take longer amounts of time due. It is not just about being clean and tidy.
PTSD (Post traumatic Stress Disorder)	Experiencing flashbacks or nightmares, appearing on edge, avoiding certain situations, lack of trust in others, being overly independent and difficulty sleeping.
Phobias	Anxiety based fear of an object or situation. Onset can be rapid and illogical, and last for more than six months. Can prevent engagement in everyday tasks/activities. Genetic and environmental.

Diagnosis



Early intervention



After a Diagnosis



Feelings

Grief

Shame

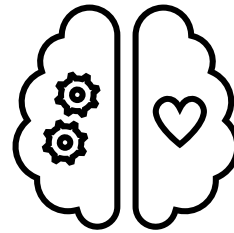
Confusion

Guilt

Fear/scared



Behaviours



Acceptance

Understanding

Collaboration

Shared
responsibility/account
ability

Assess, plan, do
review

Diagnosis support

1. What advice has been given in the formal diagnosis?
2. Which services have you been signposted to?
3. Ask your GP, the SENDCo, DSL, or visit the LBBB website for mental health support services.

If you need to talk to someone urgently, you can call:

- NHS 111
- SANE: 0845 767 8000 (6pm to 11pm, every day)
- Samaritans: 0845 790 9090



Community Mental Health Services

Mental health difficulties can make day to day living hard and affect your relationships and your ability to hold down a job. There are a range of Community Mental Health Services available which all aim to help you recover and achieve the things that are important to you.

We work together with the North East London NHS Foundation Trust (NELFT) to provide a range of different services which provide different types of help.

Contact Barking Community Hospital

Barking Community Hospital, Upney Lane, Barking, IG11 9LX

0300 555 1038

0300 555 1200

[NHS - Barking Access and Assessment Team](#)

mhi.cas@nhs.net

Contact Adult Intake and Access Team

If you need advice and information about adult social care, you can call our Adult Intake and Access Team on 020 8227 2915.

MIND BARKING & DAGENHAM



NHS Foundation Trust

I need urgent help >

Our Services

i-THRIVE

Children & Young People

Professionals Parents & Carers

Testimonials & Feedback

Resources

News

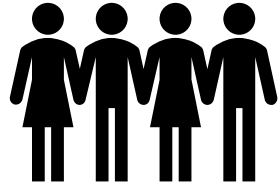
Refer/Contact us

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Impacts of SEND on Parental Mental Health



Potential Impact of SEND on Parent Mental Health



Isolation



Increased anxiety



Tiredness



Feeling judged



Juggling multiple responsibilities



Feeling misunderstood



Stress at home



Lowered self-esteem



Lack of time



Perceived rejection

Questions to ask yourself...



Am I coping?

What could make my role easier?

What am I worried about?

How am I feeling?

What am I worried about?

What do I want for myself, my child and my family in the future?

Who can I ask for support or ideas?

What resources do I have and need?

How can I access extra support?



Top tips



- Acknowledge your challenges:** Acknowledge and accept that your role is difficult.
- Seek support:** Talk to friends, family, professionals whom you trust. Tell them what you are experiencing. If you cannot talk, write it down.
- Consider your own wellbeing:** Acknowledging and finding what makes you happy gives you energy to support your child/ren. Are you eating well? Do you have time to exercise? Do you need respite support to give yourself and your family a break.
- Build a community/network:** Talk to other parents of children with SEND, share ideas. Understand what is available in your local area or neighbouring boroughs

Break



Protective Factors, and Signposting



Protective Factors?

Positive adjustments

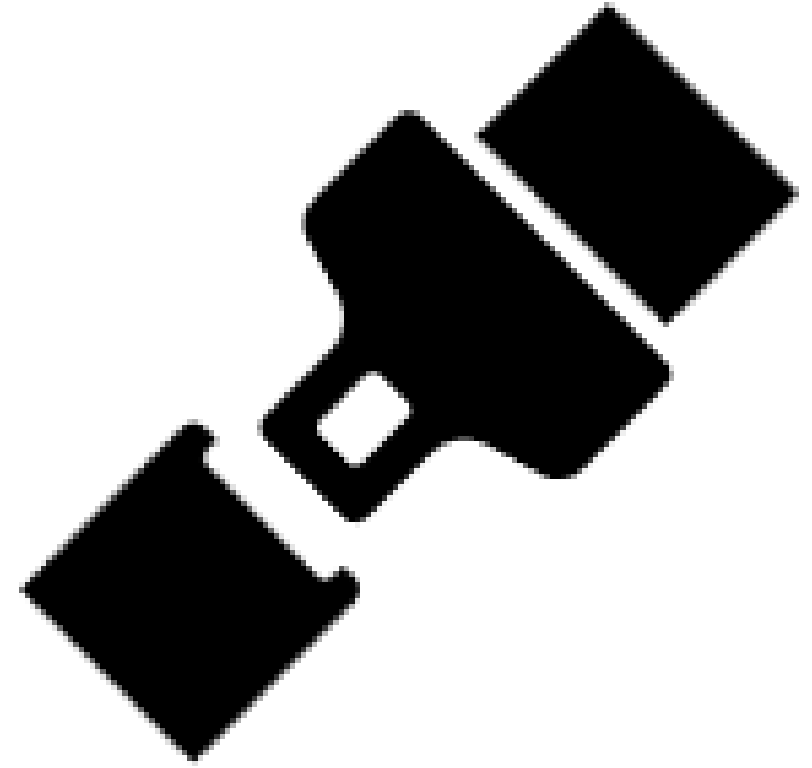
Help us to cope

Minimise risk

Create support systems

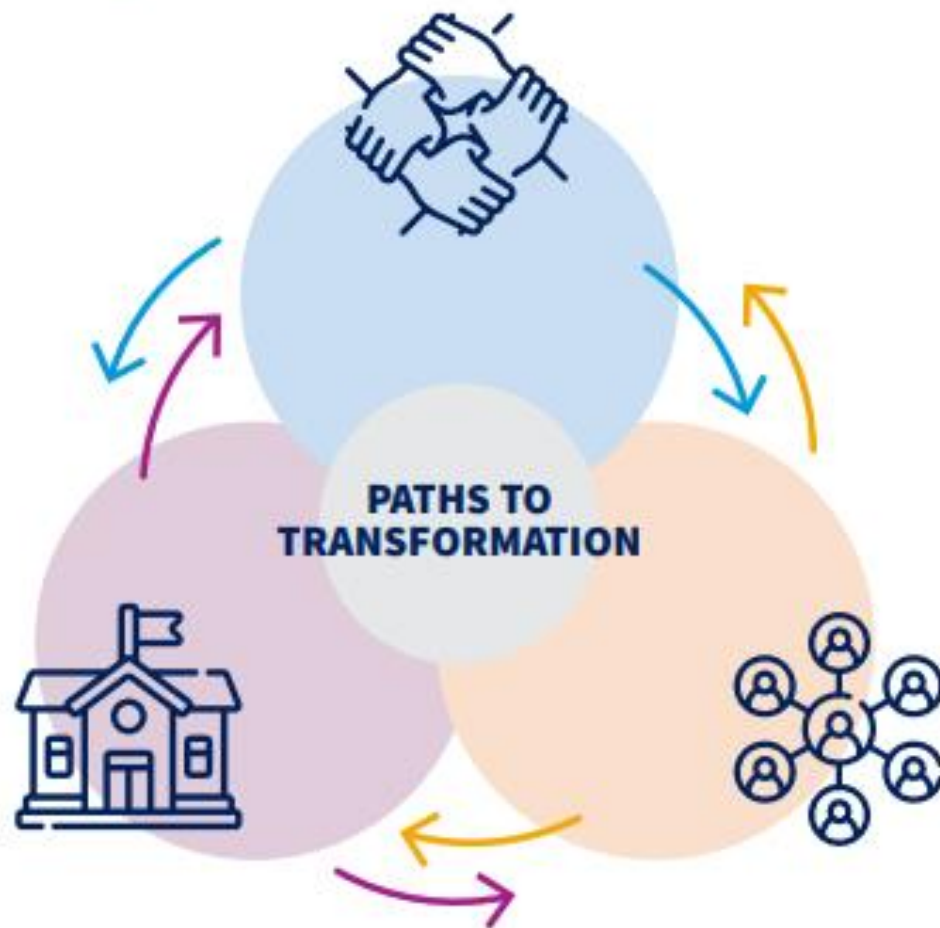
Build resilience

Support wellbeing



Protective Factors:

FIG. 8.1
Three transformative paths towards better mental health



DEEPEN VALUE AND COMMITMENT

- Understand and appreciate intrinsic value
- Promote social inclusion of people with mental health conditions
- Give mental and physical health equal priority
- Intensify engagement across sectors
- Step up investment in mental health



RESHAPE ENVIRONMENTS

- Reshape physical, social and economic characteristics of different environments for mental health, including
 - homes
 - schools
 - workplaces
 - health care services
 - communities
 - natural environments



STRENGTHEN MENTAL HEALTH CARE

- Build community-based networks of services
- Move away from custodial care in psychiatric hospitals
- Diversify and scale up care options
- Make mental health affordable and accessible for all
- Promote person-centred, human rights-based care
- Engage and empower people with lived experience

“You’re disabled under the Equality Act 2010 if you have a physical or mental impairment that has a ‘substantial’ and ‘long-term’ negative effect on your ability to do normal daily activities.” Gov.uk



- 9 protected characteristics
- Individual or associated persons cannot legally be discriminated against
- Vulnerable people
- Support



The Equality Act 2010

Equality Advisory Support Service (EASS)



Information and advice about discrimination and human rights issues.

EASS helpline

[Online contact form](#)

Telephone: 0808 800 0082

Textphone: 0808 800 0084

Monday to Friday, 9am to 7pm

Saturday, 10am to 2pm

[Find out about call charges](#)

Freepost

EASS Helpline

FPN6521

The EASS provides information about [discrimination and your rights](#). It has replaced the helpline service previously provided by the [Equality and Human Rights Commission](#).

Related content

[Discrimination: your rights](#)

[Employers: preventing discrimination](#)

Where to Signpost 1



Where?	What for?	Contact details
GP	General feeling of malaise. Can refer you on.	-
NHS 111	Emergency situations. Good for signposting to other services.	111 https://111.nhs.uk/
The Samaritans	If you or someone else is experiencing any kind of difficulties including having suicidal thoughts. Good for signposting.	116 123 https://www.samaritans.org/how-we-can-help/
Campaign against living miserably (CALM)	Suicide prevention	https://www.thecalmzone.net/
Papyrus – Prevention of young suicide	Prevention of suicide for people under 35.	https://www.papyrus-uk.org/
NELFT (also known as CAMHS)	Multidisciplinary emotional wellbeing and mental health services for 0 – 18-year-olds.	https://www.nelft.nhs.uk/barking-and-dagenham-camhs/
Friends/Family/Partner	Social contact and connection.	-
Counselling Directory	To find a psychotherapist/counsellor	https://www.counselling-directory.org.uk/
British Association for counselling and psychotherapy (BACP)	Talking therapies, information and advice.	www.BACP.co.uk

Where to Signpost 2



Where?	What for?	Contact details
Local service mental health services: Barking and Dagenham access and assessment team (BDAAT)	<p>Provide an initial mental health assessment, access to talking therapies and other services such as crisis prevention, help and advice. For 18 – 65 years.</p> <p>Contact Barking Community Hospital</p> <p>Community Mental Health team for older people</p>	<p>For information and advice on Adult social care, contact the Intake and Access Team on 020 8227 2915.</p> <p>Barking Community Hospital, Upney Lane, Barking, IG11 9LX.</p> <p>0300 555 1038/0300 555 1200</p> <p>NHS - Barking Access and Assessment Team mhi.cas@nhs.net</p> <p>0300 555 1016/0300 555 1200</p>
Young carers	Services for people who are under 19 years of age and are carers	https://www.lbbd.gov.uk/adult-social-care/carers/young-carers
Young minds	Mental health services for young people. They provide advice and guidance for staff and parents also.	https://www.youngminds.org.uk/

Where to Signpost 3



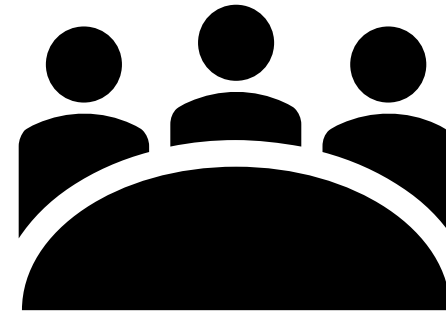
Where?	What for?	Contact details
Black, African and Asian Therapy Network (BAATN)	Home of the largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK	https://www.baatn.org.uk/
Association of Christian counsellors	Community of Christian counsellors who provide talking therapy and pastoral services.	https://www.acc-uk.org/
Al Madina Mosque Barking	They provide a range of services including respite for children with SEND, community services, counselling and educational services.	https://www.barkingmosque.org.uk/
Community groups in Barking and Dagenham	Signposts to a range of community groups in Barking and Dagenham for people of different ethnicities.	https://www.lbbd.gov.uk/adult-social-care/carers/support-information-and-advice-carers
Mind	A range of services and advice for supporting people with their mental health.	https://www.mind.org.uk/

Safety and Siblings





**What support is
already in place for
your other children?**



Siblings

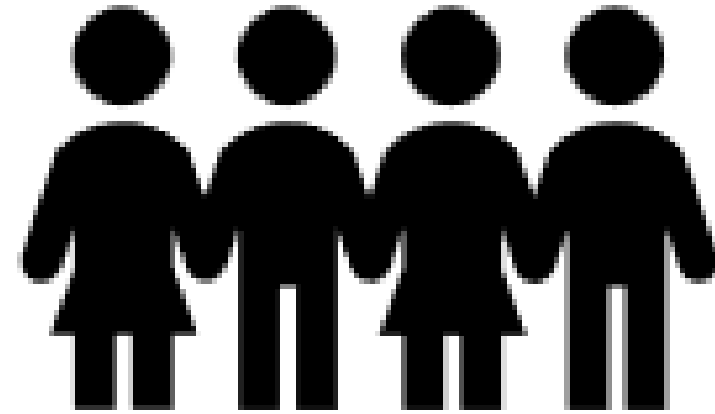
Your relationship with the child

Building a Network around the child

Resources and spaces made available

School Awareness of challenges

Respite for the child/ren



Triggers and Coping strategies



School-related challenges

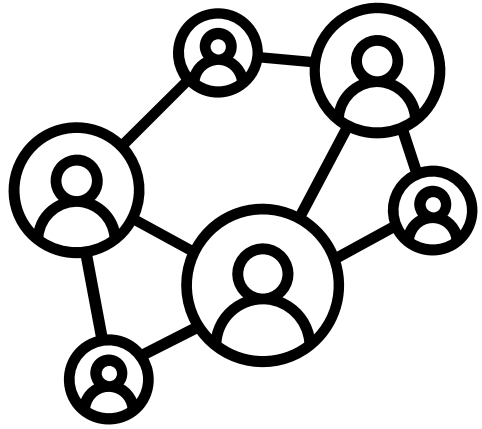
People: Does everyone involved understand the challenges, their role and the agreed success measures? Is training required? Removing blame.

Environment: Welcoming, calm, safe and predictable.

Resources: Regulation tools, spaces and interventions, support systems.



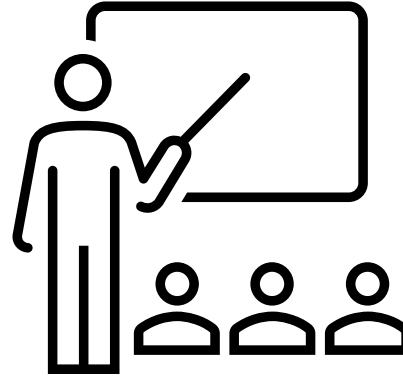
Coping strategies:



Connect

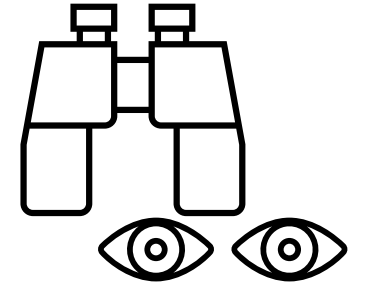


Move/exercise



Learn something new

Notice the world around you.



Give/help others



NHS

Challenging behaviours and shame

Stay calm – PACE: Playfulness, Acceptance, Curiosity and Empathy

Reduce the risk of harm: Objects, environments, people

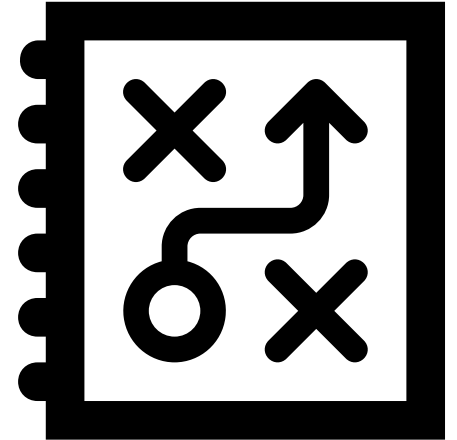
Ask for help (esp. if you have other children with you) and tell people around you what you need from them.

Use distraction techniques (toys, words, movement)

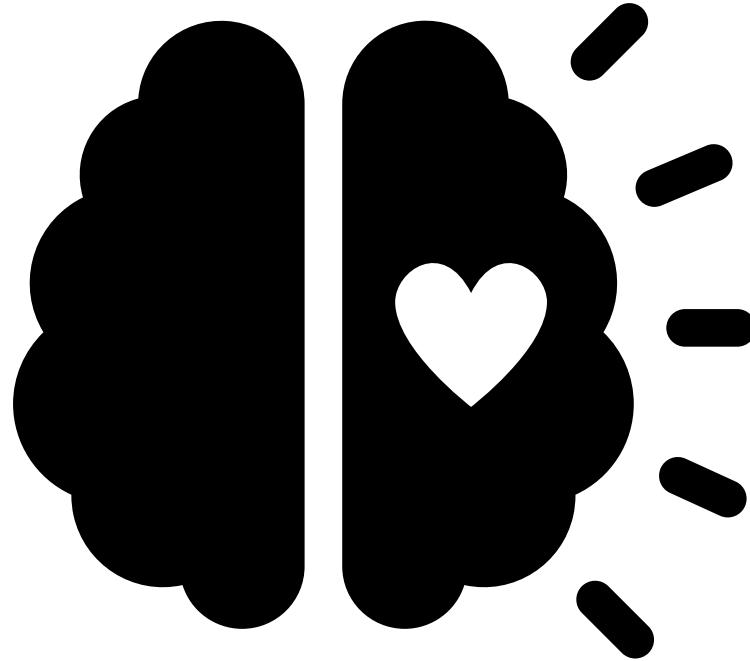
Wait/Breathe

Release the shame/guilt

Reflect: Alone and with others

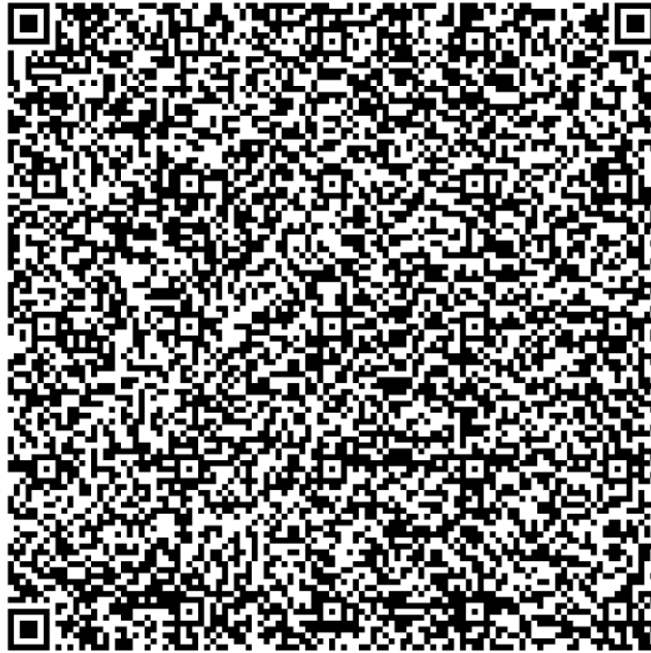


What has worked for you in the past?



Top tips for Reducing/Managing Risk

- **Be prepared:** Plan ahead for change of routines, environments, people and resources needed.
- **Consistency:** Once a useful routine/way of working is established, maintain that as much as possible
- **Network:** Draw on your local community, professionals and free services to explore ideas and resources
- **Secure additional support:** Understanding the roles of professionals involved in your child's or your own care (e.g., SENCO, head of year, phase leader, GP, Social care, CAMHS)
- **Open, clear and honest communication:** Sharing information calmly, clearly and directly with the child, others and towards yourself.
- **Regular reviews:** having regular reviews with all stakeholders ensures the support in place is still appropriate, purposeful and meaningful, especially after a crisis
- **Recover and restore:** Ensure there is time for you and the child to rest and regain any energy lost. Spend time together to heal



Thank you



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www.bdsip.co.uk



Resources

- [NHS: 5 Steps to wellbeing](#)
- [Definition of Disability in the Equalities Act 2010](#)
- [Breathing techniques for anxiety](#)