

IT'S OKAY NOT TO BE OKAY!

Mental health is a state of well-being including, emotional, psychological and social health. It's how we think, feel, act and cope with life's stresses.



Key aspects of mental health:

- Components – it affects how we handle stress, relate to others, and make choices.
- Spectrum – it can fluctuate, ranging from good to poor and is not simply the presence or absence of mental illness.
- Factors – influenced by individual, social, environmental and biological factors.
- Importance – good mental health is crucial for resilience, self confidence and overall quality of life.

What causes mental health issues?

A complex combination of genetic, biological and social influences. Mental health can be triggered by life experiences such as abuse, traumatic events in childhood or even adulthood and can be influenced by PTSD. Mental health can also be worsened by social isolation, poverty/debt, drugs/alcohol abuse, discrimination and long term/chronic illnesses such as anxiety or depression.



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Let's look at the statistics...

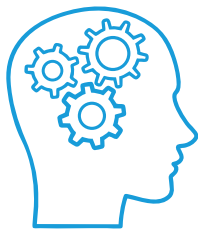
- Approximately **1 in 4 people (25%)** in England experience a mental health problem each year.
- Approximately **1 in 5 (20%)** teens and young people struggle with mental health.
- In the UK, **20.3%** of 8–16 year olds and **23.3%** of 17–19 year olds had a probable mental disorder in 2023.
- Girls are most likely to experience mental health issues (17–19 year olds). **24.8%** of girls experienced mental health in 2021. Nearly double of the boys!



How does poor mental health affect students?

Poor mental health in students – including anxiety, depression, and stress – causes significant declines in academic performance, lowered concentration, and reduced attendance. It often leads to increased social isolation, strained relationships, and, in severe cases, severe long-term consequences on physical health and future employment opportunities.

How can we prevent mental health from getting worse?



Prioritise daily self care



Connect with others



Exercise regularly



**Manage stress via
mindfulness or
hobbies**



**Maintain a health routine
e.g: sleep, diet and
reducing screen time**

We asked students and staff what they would like to see more of in school to improve student wellbeing...

Here is what they said!

Thrybergh Academy Student Council:

"We would like to see more support with children who don't get heard enough or seen due to them being shy, or they don't want to speak up due to the situation they're in."

Mr Smith, Thrybergh Academy:

"More space for students who are struggling would be good. We need to make sure space is more accessible for children to feel comfortable to come and talk to someone."

We also asked Mrs Tyrrell, WPT Director of Safeguarding, for her tips to improve mental health in schools.

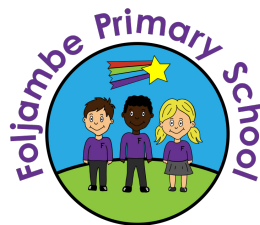
"Listen to the students to find out what the problem is and support the child to reassure them, and tell them **it's okay not to be okay**. Then check on them after the problem has been dealt with."



Overall, mental health can have different effects on different students all around the world. You never know how someone is feeling on the inside so never judge anyone who deals differently. **Remember it's okay not to be okay!**

Thank you for reading this newsletter!

By Oliver, Faith, Ava and Rhian



*We dream big, show pride
and do our very best!*



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