

Mental health and wellbeing

Mental health in young people

Research shows that 1 in 5 young people aged 5-16 are likely to have a mental health problem. This means that in a class of 30, 6 young people might be struggling with their mental health. This has increased by 50% over the last 3 years. Research also shows that 75% of young people aren't getting the help and support that they need.

Mental health at Castle Hall Academy

At Castle Hall Academy, we believe that everyone has mental health, and it is important that we teach students to be aware of their own mental health as well as the mental health of others.

There are lots of things that we do within school to support the mental health of our students. Our personal development curriculum teaches about mental health explicitly, as well as looking at wider topics such as preparing for the future, careers, and physical, sexual, and emotional health.

Where students might require further support with their mental health, Castle Hall Academy employs an emotional wellbeing support worker, who sees a number of students on a weekly basis. This is based on need, and referrals are made by heads of year and the inclusion team.

If school feels that there is a greater need for support, referrals can be made, with your consent, to external agencies who support young people with their mental health.

Thriving Kirklees

Thriving Kirklees is where you can access any support services that your child might need for their mental health and wellbeing.

<https://www.thrivingkirklees.org.uk/>

Thriving Kirklees work with Child and Adolescent Mental Health Services (CAMHS) and Children's Emotional Health and Wellbeing Services (ChEWS) to provide support for young people with mental health concerns, whether this is early intervention work or more complex work. They will work with both the young person and the parent to support your child's mental health.

Referrals for further support can be made by school, by a parent or carer, or by a young person.

