

Safeguarding Bulletin January 2021 – Support and advice for parents, carers and pupils

I hope you are all well and coping during the lockdown period. Here at Mowbray School, we recognise that parents, carers and pupils are facing new and unique challenges due to the current situation with COVID-19. This newsletter outlines where you can find useful advice and information to support you through these unusual times. This bulletin is intended to offer some supportive information for those who require it.

During normal school hours (Monday to Friday 9.00-3.15) call school on 01677 422446 and ask to speak to the Designated Safeguarding Lead: Mr Tearle or Deputy Safeguarding Lead Sharon O'Rourke on 07909755684

Outside of school hours: Ring the Multi Agency Screening Team (MAST) at North Yorkshire County Council – 01609 780780 or visit the North Yorkshire Safeguarding site <https://www.northyorks.gov.uk/safeguarding>

To contact the Police: Ring the Police (101 for non-emergencies or 999 for an emergency)

The North Yorkshire Safeguarding Partnership website has lots of useful information [NYSCP \(safeguardingchildren.co.uk\)](https://www.northyorks.gov.uk/safeguarding)

Support for Mental Health difficulties during the time of school closure

Go to website	The website has all services on for young people and adults for parents/professionals etc. https://www.thegoto.org.uk/about-the-go-to/
Compass Buzz	Our website also gives lots of info as to what BUZZ offers including training and BUZZ US https://www.compass-uk.org/services/north-yorkshire-compass-buzz/
Young Minds	Parent helpline 0808 8025544 free for mobiles and landlines – Monday to Friday for concerns relating to a child or young person's mental health up to the age of 25
Kooth	www.kooth.com offers free, safe and anonymous support for 11–19-year-olds online.
Childline	Contact number is 0800 1111 or visit www.childline.org.uk
CAMHS	Children's Adolescent Mental Health Service – single point of access for advice and support 0300 0134778
Mind	Mind is a charity specialising in Mental Health. Its website has links to support information and advice Mind Mind, the mental health charity - help for mental health problems
IAPT (Improving Access to Psychological Therapies)	<p>Home - North Yorkshire IAPT</p> <p>We provide a range of therapies for people in North Yorkshire aged 17 and over who may be experiencing the following difficulties:</p> <ul style="list-style-type: none"> • Depression • Anxiety and worry • Health anxiety

- [Social phobia](#)
- [Specific phobias](#)
- [Panic disorder](#)
- [Post-traumatic stress disorder \(PTSD\)](#)
- [Obsessive-compulsive disorder \(OCD\)](#)

Visit/talk to your local GP

North Yorkshire Mental Health helpline

Provides a confidential and anonymous and free service please call 0800 561 0076 (free for landlines and mobiles) Open Monday to Thursday 5pm -8.30am and Friday from 4.30pm (24 hours at the weekends)

Samaritans

Call 116123

If you do not use the internet but feel that you or your children need support, please contact Sharon O'Rourke (07909775684)

How does mental health impact on parenting?

Research indicates that approximately 10%-15% of children in the UK live with a parent who has a mental disorder. Mental health issues can cause changes/difficulties with the way people think, feel or behave. Parental/carer mental ill health can, in some circumstances, lead to an inability to look after the child's physical and emotional wellbeing. This is often for a short temporary period however for some individuals it can be more prolonged.

What are common mental health illnesses and problems?

A mental illness is a clinically diagnosable disorder that interferes with an individual's cognitive, emotional or social abilities. It is estimated that mental illness will affect 1 in 4 of us at some time in our lives. Mental health problems are typically less severe and normally shorter in duration than a mental illness. These may include mental ill health temporarily experienced as a reaction to life stressors.

What are the common mental health conditions?

There are a number of common mental health conditions which can adversely impact on a people.

parental capacity. This includes:

- ✚ Depression
- ✚ Anxiety
- ✚ Obsessive Compulsive Disorders
- ✚ Bipolar disorder
- ✚ Schizophrenia
- ✚ Personality Disorders

How can parental mental ill health impact on their parenting capacity and their child/children?

The impact of parental mental ill health can impact children and young people in different ways:

For babies up to 1 year old

- ✚ Inability of the parent to respond and nurture.
- ✚ Lack of warmth
- ✚ Negative responses
- ✚ Poor attachment
- ✚ Inconsistency in parenting

For young children

- ✚ Behavioural problems
- ✚ Anxiety and withdrawal
- ✚ Conduct disorder.
- ✚ Aggression towards family and/or peers' anxiety and withdrawal

For adolescents

- ✚ Increased risk of developing a mental health problem.
- ✚ Behavioural problems
- ✚ Conduct disorder.
- ✚ Depression
- ✚ Difficulties at school
- ✚ Difficulty with friendships