



## QUEEN'S PARK HIGH SCHOOL

### Young People and Mental Health

Dear Parents and Carers,

In the UK today, six children and young people (CYP) in every classroom have a diagnosable mental health problem, most of whom will not seek help for up to ten years. There is a growing awareness that earlier preventative support that focuses on building resilience and promoting well-being is necessary to meet our young people's mental health needs. However, many children and young people remain reluctant to engage with preventive support, so that by the time they present to services, their difficulties may be more severe leading to poorer outcomes. We are delighted to say that here at Queen's Park High School we are continuing to work positively to help solve this problem.

Firstly, by way of introductions, I would just like to take this opportunity to introduce you to our Team. My name is Mrs Sarah Williams, I am the Senior Mental Health Lead here, supported by Ms Byrne, School Counsellor and Mrs Zoe Williams, our Emotional Wellbeing Manager. To begin to help address the issues around young people's mental health, we are rolling out a brand new 'Mental Health Strategy' incorporating a Mental Health Action Group, a peer support programme, regular whole school assemblies and Social Media Links.

To ensure that our Mental Health Action Group is successful, we will be involving representative members from each of the relevant parties, namely our children and young people (a child from each year group), from our teaching staff, our support staff and also our Governing Body. We will also be working in full liaison with our local CAMHS body in Chester.

We want to make sure that all of our students and our parents/carers feel confident in the knowledge that, should their child be experiencing any level of mental ill health, there is support available at QPHS to manage this. It is our wish that via our Assemblies, through PSCHE, the school's Social Media and our on-line student concerns button on EduLink, that all our children will feel both positive and confident in knowing when and how to access support.

Dates of our Action Group Meetings will be published shortly, however in the meantime, should you have any thoughts/questions/contributions which you would like to be considered please always feel free to send those in by email to myself - [s.williams@qphs.co.uk](mailto:s.williams@qphs.co.uk)

Many thanks for your continued support.

Yours faithfully,

**Mrs Sarah Williams**  
**Mental Health/Designated Safeguarding Lead**



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## What is Mental Health?

The World Health Organisation defines Mental Health as a state of wellbeing in which the individual:

- realises his or her own abilities
- can cope with the normal stresses of life
- can work productively and fruitfully
- is able to make a contribution to his or her community

Or more simply speaking and from the Young Person's perspective when they experience good mental health and wellbeing:

- They feel good
- Are able to regulate their emotions
- They feel that overall their life is going well
- They are able to cope well overall with life, including the normal stresses of life and life's inevitable challenges

Mental Health Spectrum and links to resilience and wellbeing like physical health, mental health is something we all have.

- Mental health problems are changes in thought, mood and/or behaviour that impair functioning
- It can range across a spectrum from healthy to unwell
- It can fluctuate on a daily basis and change over time