

13<sup>th</sup> May 2024

Dear Parents / Carers,

### **Mental Health Awareness Week**

This week is Mental Health Awareness week. This year's theme is 'movement: moving more for our mental health', with the week running from 13<sup>th</sup> to 19<sup>th</sup> May 2024. At Hartshill Academy, we will be drawing attention to Mental Health in HART time each day. I would like to draw to your attention the matter of self-harm in children and how you can support a child with Mental Health.

If a young person in your life is self-harming it can be distressing and confusing. It may be difficult to start a conversation with them.

They might be doing it because they don't have the words to explain what they're experiencing. But it's important you know that you can support them. There are resources and advice for children and young people on Childline.

### **Why do teenagers and children self-harm?**

The reasons children and teenagers self-harm will be different for everyone. They might not be able to name any one reason they're self-harming.

For many young people, the physical pain is a distraction from the emotional pain they're struggling with.

Some experiences or emotions can make self-harm more likely in children, including:

- experiencing depression, anxiety or eating problems
- having low self-esteem or feeling like they're not good enough
- being bullied or feeling alone
- experiencing emotional, physical or sexual abuse or neglect
- grieving or having issues with family relationships
- feeling angry, numb or like they don't control their lives.

5% of all of all Childline counselling sessions related to self-harm in 2020/21.

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**What can you do to learn more or support a child you are concerned about?**

[www.mindedforfamilies.org.uk/young-people](http://www.mindedforfamilies.org.uk/young-people) Is an excellent website that offers you safe and reliable advice about young people's mental health, created by experts and parents together.

The NSPCC offers free support and advise for parents with keeping children safe; their website link is: [www.nspcc.org.uk/keeping-children-safe/support-for-parents/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/)

With specific advice on self-harm, which provides a clear update on self-harm in children and how families can support, can be found with this link: [Understanding Child Self-Harm & Keep Them Safe | NSPCC](#)

Warwickshire Council gives advice to parents on their website. In particular advice with online safety. This information can be found here: [Helping Your Child Stay Safe Online \(safeguardingwarwickshire.co.uk\)](#)

If you are worried about a child you can contact the safeguarding team by emailing [alexandria.haitt@hartshillsacademy.org.uk](mailto:alexandria.haitt@hartshillsacademy.org.uk) or speaking to your child's HART Coach. You can contact the NSPCC Helpline by [calling 0808 800 5000](#), [emailing help@NSPCC.org.uk](mailto:help@NSPCC.org.uk) or [completing the NSPCC report abuse online form](#).

Warwickshire County Council also offer a Pyramid of Support that lists different teams to call for different support that is included at the end of this letter.

Yours faithfully,

Kate Wooldridge

Assistant Principal

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# PYRAMID OF SUPPORT

## WHO DO I CALL FOR HELP?

