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15 to 21 May 2023

# Mental Health Awareness Week



#ToHelpMyAnxiety

Mental health is something we strive to support in school and we work hard to help our children feel happy and comfortable to share how they are feeling.

Next week is Mental Health Awareness week and the theme this year is anxiety. Mental Health Awareness week is about raising the awareness of good and poor mental health for adults and children and ways we can either try to help ourselves or find some support.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. There are lots of things which can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent survey carried out by the Mental Health Foundation it discovered that a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

Please take a look at the following link which provides much more information about the focus of next week:

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

It also provides links to support and resources which can be used at home.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety>

Over the next couple of weeks, we will be talking to children about anxiety and worry and how to recognise this emotion. We will be talking about ways in which we can help ourselves when feeling worried and anxious. We will be discussing the fight, flight and freeze response with the children which explains how our brains cope and process things when we are in a state of worry and anxiety. There are lots of videos about this on the internet which you may want to share with your child.

Below are also some links to other resources for children to support with mental health:



We're working towards Artsmark Awarded by Arts Council England



Jeśli potrzebujesz tłumaczenia tego listu prosimy skontaktować się z jednym z pracowników sekretariatu.

If you need this letter translating please contact the office staff.



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

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

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs-parents-carers-information/>

<https://www.camhs-resources.co.uk/websites> - this has lots of links other resources

<https://www.barnardos.org.uk/what-we-do/helping-families/mental-health>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>