

In this issue:

- Autism and suicide training
- Wellbeing apps
- ChatHealth helpline
- Low mood infographic

The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.

Thankyou for all the wonderful feedback we have received after the first two bulletins on mental health. Suicide is a difficult subject to talk about, but the more we do, the less of a stigma it becomes. When this happens, young people are far more likely to ask for help and support.

Autism and Suicide Awareness Training

There are increasing numbers of children and adults who are being diagnosed with autism in the UK. A 40min training video is available for parents by following this link [Free online training from Zero Suicide Alliance](#) Co-produced with people from the autistic community, this Autism and Suicide Awareness Training aims to:

- ◆ Share information about autism and suicide risk
- ◆ Share real experiences
- ◆ Coach you through spotting the signs and supporting an autistic person with four different scenarios (you can choose which ones you want to complete)
- ◆ Share resources for further support

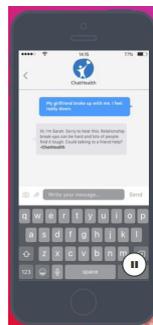


Wellbeing Apps from Papyrus

Papyrus have a number of free apps to help young people and adults manage their wellbeing ranging from sleep support to anxiety and many more. More information can be found at <https://papyrus.orchhealth.com/en-GB>

ChatHealth

ChatHealth from the NHS is a safe and easy way for you to speak to a qualified health professional. Just send a message, you don't have to give your name. It is discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area. 07480 635 227



And finally...
An infographic from the BWC about the causes and symptoms of low mood, and ways to combat it.

If your child is struggling, don't hesitate to contact your pastoral team for support.

9 Common Causes of Low Mood

Bullying	Falling behind with school work	Family problems and arguments	Loneliness
Traumatic events	Physical health problems	Family history of depression	Moving school or home
	Friendship and relationship difficulties		

Symptoms - Mind and Body

Psychological		Physical	
Frightened, worried or anxious	Lack of interest and motivation	Aches and pains	Changes in appetite
Upsetting thoughts	Isolating yourself	Self-harm	Tired
Guilt	Sad and tearful	Disturbed sleep	

8 Ways To Help Yourself Feel Better

Spend time with a friend	Keep active	Sleep well every night	Eat healthily and regularly
Avoid drugs and alcohol	Listen to music, draw, read or write a diary	Speak to an adult (parent, teacher or health worker)	Plan something to do each day

Places where you can get more help

Charities Youngminds.org.uk Youthhealthtalk.org Childline.org.uk; 0800 1111 Samaritans.org; 116123	Books For a list of helpful books: Reading-well.org.uk	Contact a parent, teacher or:
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