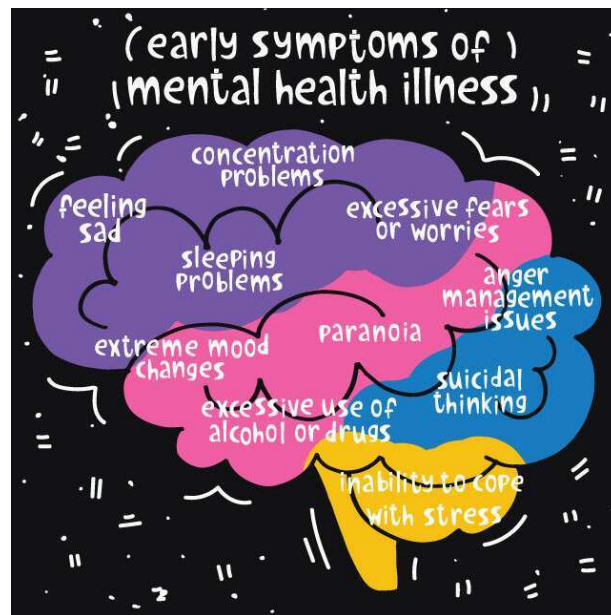


Mental Health Information Leaflet 2

Recognising some of the symptoms of Mental Health problems



It is often hard enough for adults to recognise symptoms associated with their own mental health, without recognising those symptoms in others. It is vital, especially where children are concerned, to be able to recognise those that are struggling with coping with the normal stresses of daily life. Children frequently don't understand their emotions, or why they are feeling a particular way, and *may not* have the vocabulary to voice how they are feeling.



So how do we help not just ourselves, but the children we have responsibility for and care for? The first step is to recognise that behaviour can often speak to you in a way that words can't. *For some children their behaviour may be their only way of communicating.*

Other symptoms to be aware of;

- **Feeling sad or down**
- **Confused thinking or reduced ability to concentrate**
- **Excessive fears or worries, or extreme feelings of guilt**
- **Extreme mood changes of highs and lows**
- **Withdrawal from friends and activities**
- **Significant tiredness, low energy or problems sleeping**
- **Detachment from reality (delusions), paranoia or hallucinations**
- **Inability to cope with daily problems or stress**
- **Trouble understanding and relating to situations and to people**
- **Problems with alcohol or drug use**
- **Major changes in eating habits**
- **Excessive anger, hostility or violence**
- **Suicidal thinking**

- **For more information please contact:**

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