








Social, Emotional and Mental Health Difficulties



If you have social, emotional or mental health difficulties you might find it hard to:

	Talk and socialise with other people
	Understand the risks and consequences of your actions
	Control reactions to situations
	Make and keep friends
	Control your temper and listen to others
	Control your nerves and lack of confidence

What can schools and colleges do to help pupils with social, emotional and mental health difficulties?

Teachers can:

	<p>Keep a behaviour record to see what support is needed</p>
	<p>Support you at the difficult times of the day</p>
	<p>Help you to learn how to play and enjoy break and social times</p>
	<p>Have a calm down or time out area</p>
	<p>Have rules and reminders about how to behave at college and school</p>
	<p>Have circle time or a nurture group which allows you to develop socially and emotionally</p>
	<p>Make your own learning timetable</p>

	<p>Give you named staff to go to when you need support</p>
	<p>Talk with your parents or carers often to make sure that all is going well</p>

More Help

You can get more information about Social, Emotional and Mental Health difficulties from:

	<p>Social Emotional and Mental Health Team</p> <p>Leicester City Council New Parks House, Pindar Road, Leicester, LE2 9RN</p> <p>Telephone: 0116 44 4650</p>
	<p>Child and Adolescent Mental Health Service (CAMHS)</p> <p>Telephone:</p> <p>0116 295 2992 (Leicester Team) 0116 295 2992 (Leicestershire and Rutland)</p>
	<p>Young Minds</p> <p>Telephone: 0808 802 5544 Website: www.youngminds.org.uk</p>