

MENTAL HEALTH TOOLKIT

Every child and young person needs...

Trusted adults who listen

Every child needs at least one adult who is trustworthy, deeply present, listening, and who believes in them.

Quality sleep

Kids need undisturbed, restorative sleep every night to cope with the ups and downs of every day.

A sense of meaning and purpose

Meaning and purpose are protective factors that help kids feel grounded and part of something bigger than themselves.

A sense of gratitude

The ability to look for and acknowledge the good in life has proven positive impact.

Wide emotional vocabulary

Kids need the words to describe and express how they feel

Emotional regulation strategies

Some techniques come naturally, like crying and sighing, while some are learnt like breathing exercises.

Mindfulness practices

These tools keep the mind in the present and stop kids worrying about the future or dwelling on the past.

Access to professionals

The services of mental health professionals should be normalised and easily accessible.

Exercise

Exercise releases feel-good chemicals like endorphins and serotonin. They can improve mood and decrease anxiety and depression. It also improves self-esteem and connection with others, thus decreasing feelings of loneliness and isolation.

Healthy friendships

Good friends, who respect boundaries and behave in a supportive way, provide connection and companionship.

Freedom to express emotion

A home where all emotions are allowed and valued makes emotional learning possible.

Regular contact with nature

Green and blue spaces evoke positive emotions, develop individual resilience and can be useful as a way of counteracting symptoms of mental ill-health.

A balanced diet

Diet includes everything kids put into their bodies. It is the food they eat, the television they watch, the social media they absorb, and the conversations they have.

Helplines

Helplines manned by trained staff who can listen, and guide are helpful.



LOURDES HILL COLLEGE
A School of Good Samaritan Education

