

Information Series

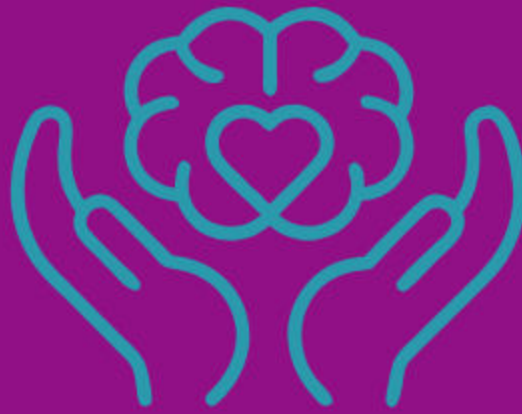
# **Social, Emotional & Mental Health**



**Social, Emotional & Mental Health (SEMH) is recognised as one of the four broad areas of need by the SEND Code of Practice (Chapter 6):**

6.32: Children and young people may experience a wide range of social and emotional difficulties which manifest themselves in many ways. These may include becoming withdrawn or isolated, as well as displaying challenging, disruptive or disturbing behaviour. These behaviours may reflect underlying mental health difficulties such as anxiety or depression, self-harming, substance misuse, eating disorders or physical symptoms that are medically unexplained. Other children and young people may have disorders such as attention deficit disorder, attention deficit hyperactive disorder or attachment disorder.





## How to look after your own mental health and getting help for children

[www.mentalhealth.org.uk/explore-mental-health/blogs/tips-looking-after-your-mental-health-christmas](http://www.mentalhealth.org.uk/explore-mental-health/blogs/tips-looking-after-your-mental-health-christmas)

[www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health](http://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health)

[www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/how-to-get-support](http://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/how-to-get-support)

[www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3](http://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3)

[www.childlawadvice.org.uk/information-pages/supporting-children-with-medical-needs-in-schools](http://www.childlawadvice.org.uk/information-pages/supporting-children-with-medical-needs-in-schools)



## Help for children and young people

[www.livewell.bathnes.gov.uk/special-educational-need-or-disability-send/send-services-and-organisations/mental-health-send](http://www.livewell.bathnes.gov.uk/special-educational-need-or-disability-send/send-services-and-organisations/mental-health-send)

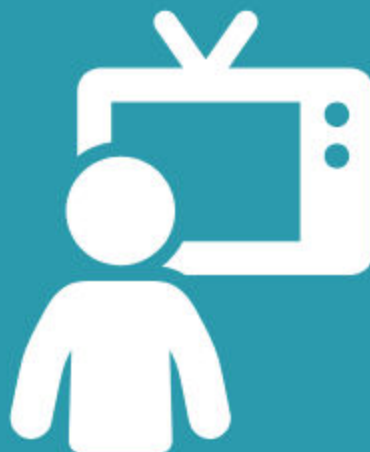
[www.oxfordhealth.nhs.uk/camhs/about](http://www.oxfordhealth.nhs.uk/camhs/about)

[www.offtherecord-banes.co.uk](http://www.offtherecord-banes.co.uk)

[www.youngminds.org.uk/young-person/blog/looking-after-your-mental-health-at-christmas](http://www.youngminds.org.uk/young-person/blog/looking-after-your-mental-health-at-christmas)

[www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care](http://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care)

[d1uw1dikibnh8j.cloudfront.net/media/15030/my-self-care-plan-secondary.pdf](http://d1uw1dikibnh8j.cloudfront.net/media/15030/my-self-care-plan-secondary.pdf)



## **Films about Mental Health:**

**We All Have Mental Health**

[www.youtube.com/watch?v=DxIDKZHW3-E](http://www.youtube.com/watch?v=DxIDKZHW3-E)

**Talking Mental Health**

[www.youtube.com/watch?v=nCrjevx3-Js](http://www.youtube.com/watch?v=nCrjevx3-Js)





## Who to contact for further information and help

### Contact Sendias Bathnes

If you need any help or have any questions about Social Emotional and Mental Health and the laws around how it relates to Education, get in touch:

Website:

**[sendiasbathnes.org.uk](https://sendiasbathnes.org.uk)**

Contact Form:

**[sendiasbathnes.org.uk/form/get-in-touch](https://sendiasbathnes.org.uk/form/get-in-touch)**

Advice Line: **01225 394382**

Text Message: **07530263401**

Email: **[sendias@bathnes.gov.uk](mailto:sendias@bathnes.gov.uk)**