



Mental Health Safeguarding Fact Sheet

Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence, all the way through adulthood.

If you or others that you know are experiencing mental ill health, there is support available. One coping method is to talk about the way you are feeling, typically with friends, family, or a trusted individual.

Starting to talk about your mental health can sometimes feel uncomfortable, so it may also be an idea to talk about another interest at the same time. This can deflect some of the focus away from your mental health.

With one in four people said to experience mental ill health, it is important to be informed, and to know where to look for help.

In the first instance, we always encourage that individuals approach their GP.

If you, or someone you know, are experiencing mental ill health and do not have any support in place/would like someone to talk to, please contact The Skills Network's Designated Safeguarding Lead, Paul Wakeling (Director of Curriculum and Quality), via email at safeguarding@theskillsnetwork.com or on **01757 600706**.

Areas of support

Samaritans

Confidential support for people experiencing feelings of distress or despair.

- Phone: 116 123 (free 24-hour helpline)
- Website: <https://www.samaritans.org/>

Mind

Promotes the views and needs of people with mental health problems.

- Phone: 0300 123 3393 (Mon to Fri, 9am to 6pm)
- Website: www.mind.org.uk

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

- Phone: 0800 58 58 58 (daily, 5pm to midnight)
- Website: www.thecalmzone.net

There are a number of mental health problems that can potentially affect people.

To see a full list of NHS-suggested mental health helplines, including support for addiction, bereavement, and crime victims, [click here](#).

