Mental Health and Wellbeing

Little Stars Childminding is committed to supporting positive mental health and wellbeing.

Mental Health concerns our wellbeing, out ability to complete everyday tasks and our ability to cope with stress. Sometimes, our mental health can decline, just like our physical health can. However, sometimes more difficult to recognise when someone has a mental health issue.

**Recognising Mental Health Issues –**

Mental Health issues affect everyone differently and manifests itself in different forms. However, there are some tell-tale signs of Mental Health that can help us identify them:

Depression –

Psychological Symptoms –

- Continuous low moods or sadness

- Feeling hopeless and helpless

- Having low self-esteem

- Feeling tearful

- Feeling guilt-ridden

- Feeling irritable and intolerant to others

- Having no motivation or interest in things

- Finding it difficult to make decisions

- Not getting any enjoyment out of life

- Feeling anxious or worried

- Having suicidal thoughts or thoughts of harming yourself

Physical Symptoms –

- Moving or speaking more slowly than usual

- Changes in appetite or weight (usually decreased, but sometimes increased)

- Lack of energy

- Changes to the menstrual cycle

- Disturbed sleep – for example, finding it difficult to sleep at night or waking up very early in the morning

Social Symptoms –

- Avoiding contact with friends and taking part in fewer social activities

- Neglecting your hobbies and interests

- Having difficulties in your home, work or family life

Anxiety –

Physical Symptoms –

- faster, irregular or more noticeable heartbeat

- Feeling lightheaded or dizzy

- Headaches

- Chest pains

- Sweating

- Breathlessness

- Feeling hot

- Shaking

Mental Symptoms –

- Feeling tense or nervous

- Being unable to relax

- Feeling tearful

- Not being able to sleep

- Difficulty concentrating

- Fear of the worst happening

- Intrusive traumatic memories

- Obsessive thoughts

Changes in Behaviour –

- Not being able to enjoy your leisure time

- Difficulty looking after yourself

- Struggling to form or maintain relationships

- Worried about trying new things

- Avoiding situations and places that create anxiety

- Compulsive behaviours, such as constantly checking things

Like many physical injuries, Mental Health issues are treatable. But we need to talk about them to find the right strategy to help and support those with mental health issues.

Talk to the Designates Safeguarding Lead or Deputy DSL when the DSL is not available. The DSL will be able to give you more information regarding services and organisations that could help you and your little star.

**Designated Safeguarding Lead:** Alice McPherson

**Deputy Designated Safeguarding Lead:** Joshua Morgan