

## Children's Mental Health at Trinity St. Peter's

There are lots of changes in the behaviour in young people as they grow up. While many of these are common in everyday life, they could be pointing to mental health conditions like depression and anxiety.

At Trinity St. Peter's we have a simple way to remember some of the signs and what to look out for if you've started to feel concerned about a child's mental health, remember **M-A-S-K**:

<b>M</b>	Mood	<ul style="list-style-type: none"> <li>• irritable</li> <li>• argumentative</li> <li>• aggressive</li> <li>• blame you or others</li> <li>• become withdrawn</li> </ul>
<b>A</b>	Actions	<ul style="list-style-type: none"> <li>• changes in eating and sleeping patterns</li> <li>• signs of bullying, alcohol, drugs or self-harm</li> </ul>
<b>S</b>	Social	<p>They suddenly appear:</p> <ul style="list-style-type: none"> <li>• bored</li> <li>• lonely</li> <li>• withdrawn</li> </ul> <p>They may begin to:</p> <ul style="list-style-type: none"> <li>• lose interest in friends and other things they liked doing</li> <li>• get into trouble</li> <li>• miss school</li> </ul>
<b>K</b>	Keep Talking	<p>Refusing or being reluctant to talk about how they're feeling is common. Ensure you:</p> <ul style="list-style-type: none"> <li>• keep listening</li> <li>• ask how they are feeling</li> </ul> <p>When they do open up, make sure they know there's someone there who really cares.</p>

If you are concerned or worried about a child who may be displaying these signs, please speak to a member of the Change Team/SENDCo or follow our safeguarding policy where necessary.

