

MENTAL HEALTH: RECOGNISING THE SIGNS

Mental health looks different in each person...

...but there are signs you may notice:

- Constant fidgeting, movement, playing with things
- Avoiding eye contact/diverting gaze
- Sitting quietly
- Not engaging in group activities
- Lateness
- Missing lessons

Things you can try:

- Meet the student prior to a course starting (in a place they feel comfortable)
- Discuss concerns and barriers
- Go through expectations of the course
- Help them manage their expectations
- Set small, achievable goals
- Tweak work and activity in bitesize chunks
- Encourage breaks and time-outs
- Find opportunities to debrief and review after sessions

Be aware of patterns developing that might suggest things are not improving.

These materials provide an overview to help raise awareness and understanding. If you have concerns please always seek additional support and advice from your safeguarding lead.