

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 41 – October 2024

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Welcome to our October Well-Being Newsletter!

Daylight has become shorter and temperatures have gone down. However, it is not all gloom: nature is beautiful at this time of year: most trees shed their leaves displaying beautiful colours, changing from green to red, orange, yellow or brown before falling.

This issue will focus on men's mental health. In England, around one in eight men have a common mental health problem such as depression, anxiety, panic disorder or obsessive-compulsive disorder (OCD). However, these figures can only tell us about mental health problems that have been reported – many cases may go undiagnosed. This is especially true when it comes to men's mental health. Social expectations and traditional gender roles play a role in why men are less likely to discuss or seek help for their mental health problems. Life events affect both men's and women's mental health. There is health and support available if you are worried about your own or someone else's mental health.

Please refer to page 3 for organisations that offer support.

World Mental Health Day 2024



World Mental Health Day is celebrated every year, on 10th October. St Michael's Mental Health Ambassadors marked the occasion by highlighting the importance of good mental health to their peers:



World Mental Health Day display, set up by our Year 10 Mental Health Ambassadors: Rubie R., Saron G., Khuyen V., and Ainhoa V.



Sale of Mental Health ribbons, to staff and pupils, at break and lunch time.



A Mental Health video was shown to our Year 7s.

Some statistics on Men's Mental Health



- Three times as many men as women die by suicide in the UK;
- Men aged 40-49 have the highest suicide rates in the UK;
- Men report lower levels of life satisfaction than women according to the Government's national well-being survey.
- Men are less likely to access psychological therapies than women: only 36% of referrals to the NHS talking therapies are for men.

In addition, men are far more likely than women to go missing, sleep rough, become dependent on alcohol and use drugs frequently.

However, research suggests men will access help that meets their preferences and is easy to access, meaningful and engaging. For example, Men's Sheds provides community spaces for men to connect and chat, often over practical activities (<https://menssheds.org.uk/>).

Why don't men talk about their mental health?



- Men are often expected to be the breadwinners and to be strong and in control. These can make it harder for men to reach out for help and open up. Some research also suggests that men who can't speak openly about their emotions may be less able to recognise symptoms of mental health problems in themselves, and less likely to reach out for support.
- Men may also be more likely to use potentially harmful coping methods such as drugs or alcohol and less likely to talk to family or friends about their mental health.
- Insecurity of being the only weak person among a group makes it even more complicated for men to open up. With this, they do not open up in spite of realising their need for help.
- Women display signs of depression by appearing sad, disheartened, or unworthy, whereas, men display it in the form of anger, irritability, impulsivity, frustration, and other anti-social behavior.
- It takes a lot more effort for men to acknowledge and take the next step.

<https://sandyhealthcentre.nhs.uk/practice-information/a-z-list-of-organisations-for-mental-health/>

Mental Health Support for everyone



Free mental health text support service for young people



Bereavement support for children
<https://rainbows.gb.org/>



Free online mental health support service for young people



a free online counselling service for over 25s



Samaritans
Hours: Available 24 hours.

116 123

Staff Corner



Well-being links

<https://www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/>

<https://www.educationsupport.org.uk/resources/or-organisations/guides/staff-wellbeing-signposting-template/>

<https://www.educationsupport.org.uk/resources/or-individuals/guides/breathing-exercises-for-beating-stress-and-creating-calm/>

<https://www.educationsupport.org.uk/resources/or-individuals/guides/time-management-and-wellbeing-at-work/>

<https://www.educationsupport.org.uk/resources/or-individuals/guides/a-guide-to-meditation-for-teachers-and-education-staff/>

Cost of living crisis - Useful links



<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.gov.uk/the-warm-home-discount-scheme>

<https://www.gov.uk/winter-fuel-payment>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

 03444 775 774 www.anxietyuk.org.uk	 116 123 www.samaritans.org.uk	 0800 068 41 41 papyrus-uk.org
 www.bipolaruk.org.uk	 Text SHOUT to 85258 (24/7) giveusashout.org	 0808 200 0247 (24 hours) refuge.org.uk
 0300 123 3393 www.mind.org.uk	 0808 802 5544 youngminds.org.uk	 0333 212 7890 www.ocduk.org
 0800 58 58 58 www.thecalzone.net	 0800 58 58 58 www.b-eat.co.uk	

Chaplain's Corner



Dear Lord,

I am so grateful for everything that you have given me.

Thank you so much for the loved ones in my life, For the many ways in which I am cared for and supported.

Thank you for the many ways I can serve and give to others.

Thank you for the rich tapestry of colours in creation, For the beauty which is all around me, For the skies and the ever-changing cloud formations, For the breathtaking sunsets and early morning mists.

My heart is so grateful and brimming with thanks. I could write a thousand books about your great goodness, and still have many stories to tell.

I thank you from the bottom of my heart.

I thank you with everything I am. All my being cries thank you Lord!

*Wishing you all a peaceful and
restful half-term*

