Social, Emotional and Mental Health Difficulties



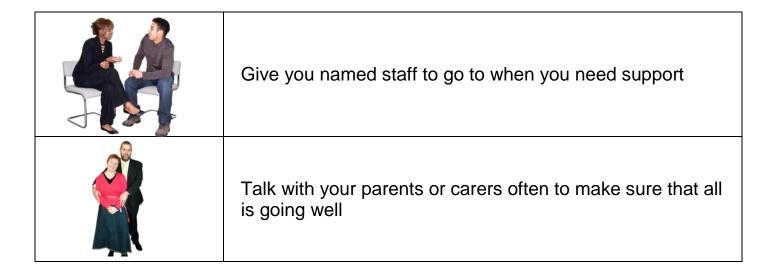
If you have social, emotional or mental health difficulties you might find it hard to:

	Talk and socialise with other people
<u></u>	Understand the risks and consequences of your actions
	Control reactions to situations
	Make and keep friends
	Control your temper and listen to others
	Control your nerves and lack of confidence

What can schools and colleges do to help pupils with social, emotional and mental health difficulties?

Teachers can:

EVALUATION Excellent Good Average Poor	Keep a behaviour record to see what support is needed
Support Plan	Support you at the difficult times of the day
	Help you to learn how to play and enjoy break and social times
	Have a calm down or time out area
RULES	Have rules and reminders about how to behave at college and school
	Have circle time or a nurture group which allows you to develop socially and emotionally
Monday Torsky Medweday Starting Sidey Coloring Coday	Make your own learning timetable



More Help

You can get more information about Social, Emotional and Mental Health difficulties from:

Social Emotional and Mental Health Team Leicester City Council New Parks House, Pindar Road, Leicester, LE2 9RN Telephone: 0116 44 4650 Child and Adolescent Mental Health Service (CAMHS) Telephone: 0116 295 2992 (Leicester Team) 0116 295 2992 (Leicestershire and Rutland) Young Minds Telephone: 0808 802 5544 Website: www.youngminds.org.uk