

As I am writing this at the start of September, my mind has turned to all those who are starting afresh this September – that may be the start of the new school year, the start of a new place of learning or even a new job especially for those who graduated this summer.

Going back to school can cause real anxiety for some young people and, for some, they can refuse to attend.

Our friends at Young Minds (<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>) have some great advice about school anxiety.

- What is school anxiety or refusal? <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/#Whatisschoolanxietyorrefusal>
- Helping your child with school anxiety <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/#Helpingyourchildwithschoolanxiety>
- Helping your child return after school absence <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/#Helpingyourchildreturnafterschoolabsence>

Heads Together is a mental health initiative spearheaded by The Duke and Duchess of Cambridge and Prince Harry which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.

One of their programmes is creating Mentally Healthy Schools <https://www.headstogether.org.uk/programmes/mentally-healthy-schools/>

According to their website, “One in ten children will experience a mental health difficulty at least once before age 11, and many adults with lifetime mental health issues can trace their symptoms back to childhood.

We also know that many children can wait up to ten years before effective diagnosis or treatment.

Mental health support in schools can make a significant difference to a person’s life, but teachers are already stretched and with so many resources available, it can be difficult to know where to start.”

The website offers teachers greater support, advice and practical resources to make it easier for them to better support the mental health of their pupils [https://mentallyhealthyschools.org.uk/?utm\\_source=headstogether.org.uk&utm\\_medium=referral](https://mentallyhealthyschools.org.uk/?utm_source=headstogether.org.uk&utm_medium=referral)

Whether you are a teacher going back to school, a pupil going back to learn, a graduate starting a new job or indeed a parent of anyone of these, sometimes we all need a little help with our headspace. Try visiting <https://www.headspace.com/about-us> they have some great resources to help you to ‘support your mental health and find a healthier, happier you.’