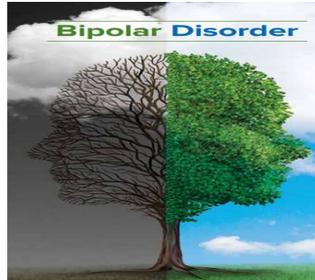


MHST - Mental Health Support Team in SEN Schools Hertfordshire and West Essex

Hosted by PALMS



#WorldBipolarDay: March 30th 2021



World Bipolar Day takes place every year on 30th March. This year they are encouraging individuals and organizations to share information across social media platforms and get the event and hashtag #WorldBipolarDay trending to increase awareness and get people talking about this serious mental illness that affects over 1m people in the UK.

Children and Bipolar

It can be very difficult for a young person experiencing bipolar to separate themselves from their illness as there may be a great deal of emphasis placed on their mood swings, and the impact these have, both by the individual and their supporters. It can be important for a young person to be reminded that they are not their illness and have their own personalities and characteristics. Coping with life changes may be difficult for a young person experiencing bipolar and they may require extra support. It is also essential that families of young people with bipolar are offered support.

Support in School

Appropriate support at school or college can have a major positive impact. Making the school or college aware of how bipolar, and the possible side effects of medication, can affect performance in education will help teaching staff to offer targeted support. For children of school age the following steps could be suggested:

- ✚ Unlimited access to toilet and unlimited access to drinking water.
- ✚ Classroom assistant for additional support in class.
- ✚ Joint parent-teacher notebook between home and school for better communication.
- ✚ Homework reduced or excused and deadlines extended when energy is low.
- ✚ Later start to the day if necessary.
- ✚ Designation of a 'safe place' at school where child can take time out.
- ✚ Designation of a staff member to whom the child can go as needed.
- ✚ Extended time on tests and exams.

For more information please call Bipolar UK Support Line on 0333 323 3880, email info@bipolaruk.org or visit their website at www.bipolaruk.org. *Content for the newsletter obtained from Bipolar UK website.

*If you would like more information about the MHST, please contact the Mental Health Lead at your child's school.
Alternatively please contact us directly on the details below.*