

Let's Talk:

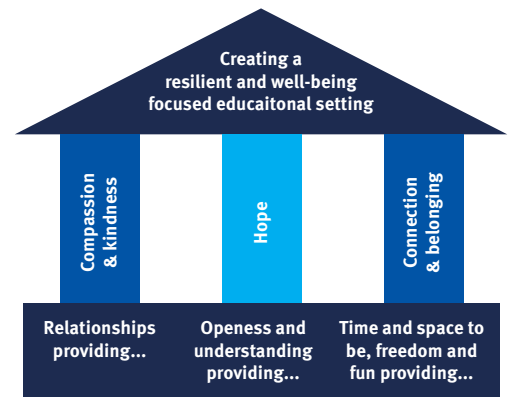
Social, Emotional & Mental Health Pillars



All children, young people and families will need a holistic period after this latest lockdown. This should be a whole school/setting approach.

Some may need a focused recovery intervention programme, personalised to their needs. This needs to be viewed in terms of short, medium and long term.

Pillars of Recovery



Pillar 1: Relationships providing the compassion and kindness

We cannot underestimate the impact of the loss of that social interaction. It is key to their holistic development. For most children and young people, their daily goal in going to school is not just to learn, but to see their friends. This provides them with a sense of self-worth and belonging that only a peer group can offer.

Pillar 2: Openness and understanding providing the hope

Hope enables individuals to look forward in life instead of being stuck in the past. Opportunities for growth is the hope. It enables people to bounce back from stressful life experiences with increased resilience.

Pillar 3: Time and space to be, freedom and fun providing the connection and belonging

Connecting with others makes us feel safe and provides a sense of belonging that we all need. Improving someone's relationships within their positive social network increases their resilience. Being kind and connected is the best thing we can do for each other. Everyone must have quality relationships with at least one adult and one friend.

Essex promotes the values of Trauma Perceptive Practice (TPP) in all that we do:

Compassion & Kindness

Hope

Connection & Belonging

Other topics available in this series of posters:

**Disordered Eating, Self-injury
& Loneliness & Isolation**

If you found this poster useful and would like to propose more themes to add to the range, please get in touch: semhstrategy@essex.gov.uk



Essex County Council