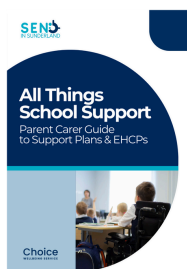
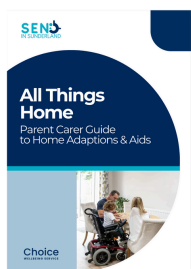
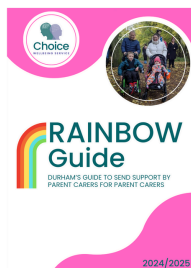
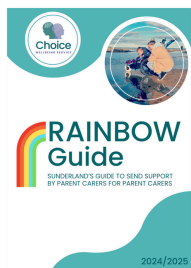


Here are just a few more guides we have available!

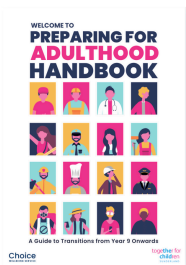


Guides on specific subjects

Rainbow Guides



Transitions Guides



Social, Emotional and Mental Health Difficulties

Parent Carer Guide to SEMH

Your Child, Your Choice

Because one size doesn't fit all

Find our
website here:



Choice
WELLBEING SERVICE



What is SEMH?

SEMH stands for Social, Emotional and Mental Health. It refers to a type of Special Educational Needs and Disabilities (SEND) experienced by children and young people who have significant difficulties managing their emotions, behaviour, and mental well-being. These difficulties can manifest in various ways, including:

- Disruptive, antisocial and uncooperative behaviour
- Temper tantrums
- Frustration, anger and verbal and physical threats / aggression
- Withdrawn and depressed attitudes
- Anxiety and self-harm
- Stealing
- Truancy
- Vandalism
- Drug abuse
- Setting fires

Social:

Social interaction is fundamental for children. Challenges in communication or attachment can make relationships difficult, impacting wellbeing and development. Equipping children with social skills and opportunities is essential for them to reach their potential. How can we achieve this?

Emotional:

This covers a wide range, including emotional regulation, understanding feelings, stress management, and resilience. The Mental Health Continuum (below) is a helpful tool. Often, supporting a child's emotional wellbeing involves empathetic listening and emotional coaching – simply being a good human can make a big difference.

Mental Health:

When discussing mental health within SEMH, we're often referring to diagnosable conditions or symptoms requiring professional intervention. These can manifest as irrational fears, obsessions, intrusive thoughts, and safety behaviors linked to how someone processes the world. For example, anxiety might cause a child to misinterpret everyday situations as dangerous, and low self-esteem can hinder social interactions and learning. While normal reactions to adversity reflect emotional wellbeing, such periods can alter beliefs and potentially lead to mental health conditions later. Our thoughts, feelings, and interactions are interconnected, constantly influencing each other and impacting both our mental and social health.

Key Facts:

Social, Emotional, and Mental Health Difficulties (SEMH) are a type of SEND:

- SEMH is one of the four areas of SEND, alongside communication and interaction, cognition and learning, and physical and sensory needs.

It's not a single diagnosis:

- SEMH can be caused by a range of factors, including mental health conditions like anxiety or depression, behavioural issues, or difficulties in forming relationships.

It can affect a child's ability to learn:

- SEMH needs can make it difficult for children to engage in learning, cope with classroom demands, and form positive relationships with peers and teachers.

It's a spectrum:

- The severity of SEMH can vary greatly, with some children experiencing mild difficulties while others have more significant challenges.

For more key information on SEMH here:

