

# Promoting Well-Being in Primary and Post-Primary schools

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*National Educational Psychological Service (NEPS)*

# NEPS: Who are we?

- National service – work with primary and post primary schools
- Part of Department of Education & Skills
- Concerned with learning, behaviour, social and emotional development
- Each NEPS psychologist is assigned to a group of schools

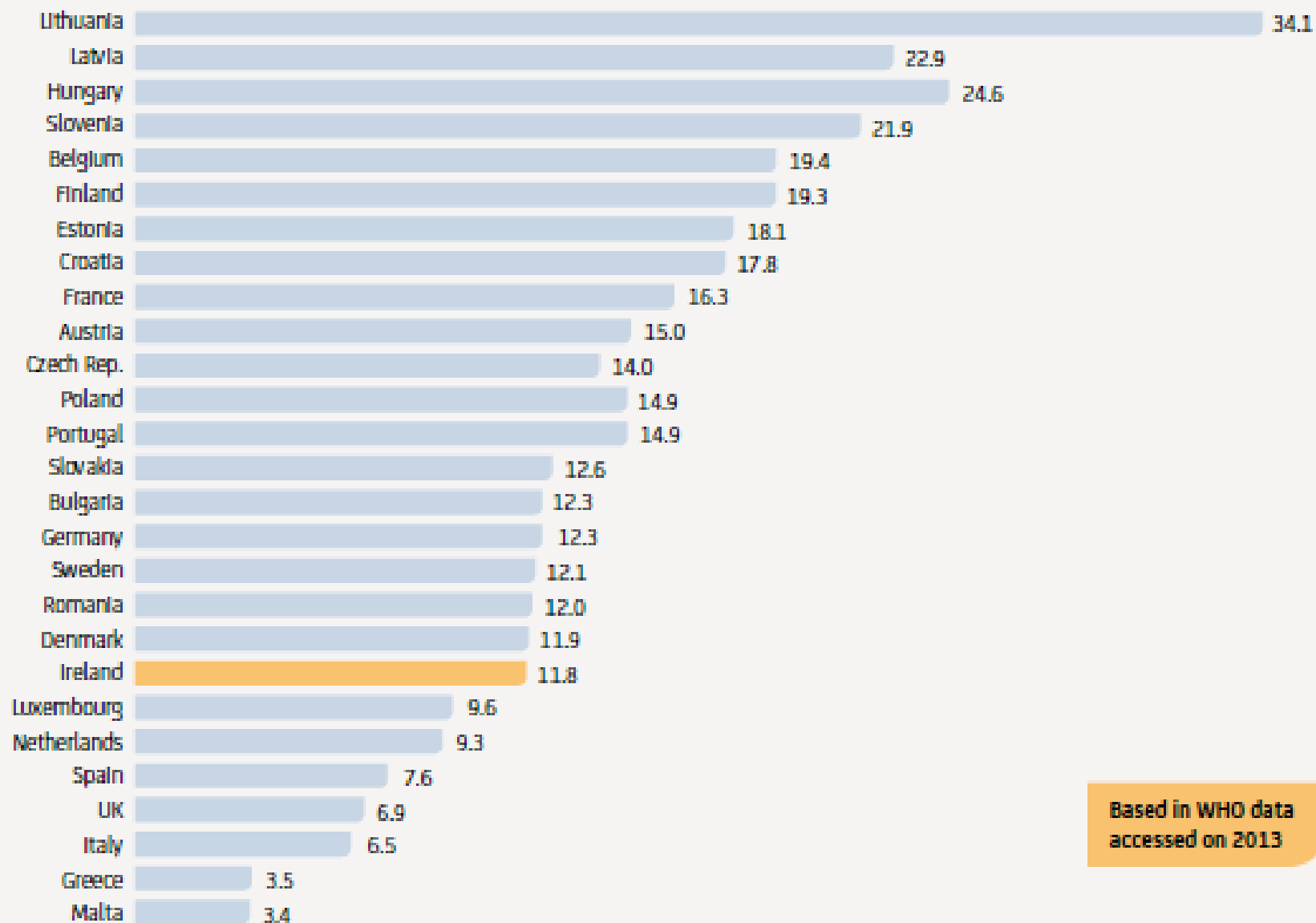


# what is mental health?

- Mental health is a state of well-being in which the individual realises his/her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his/her community

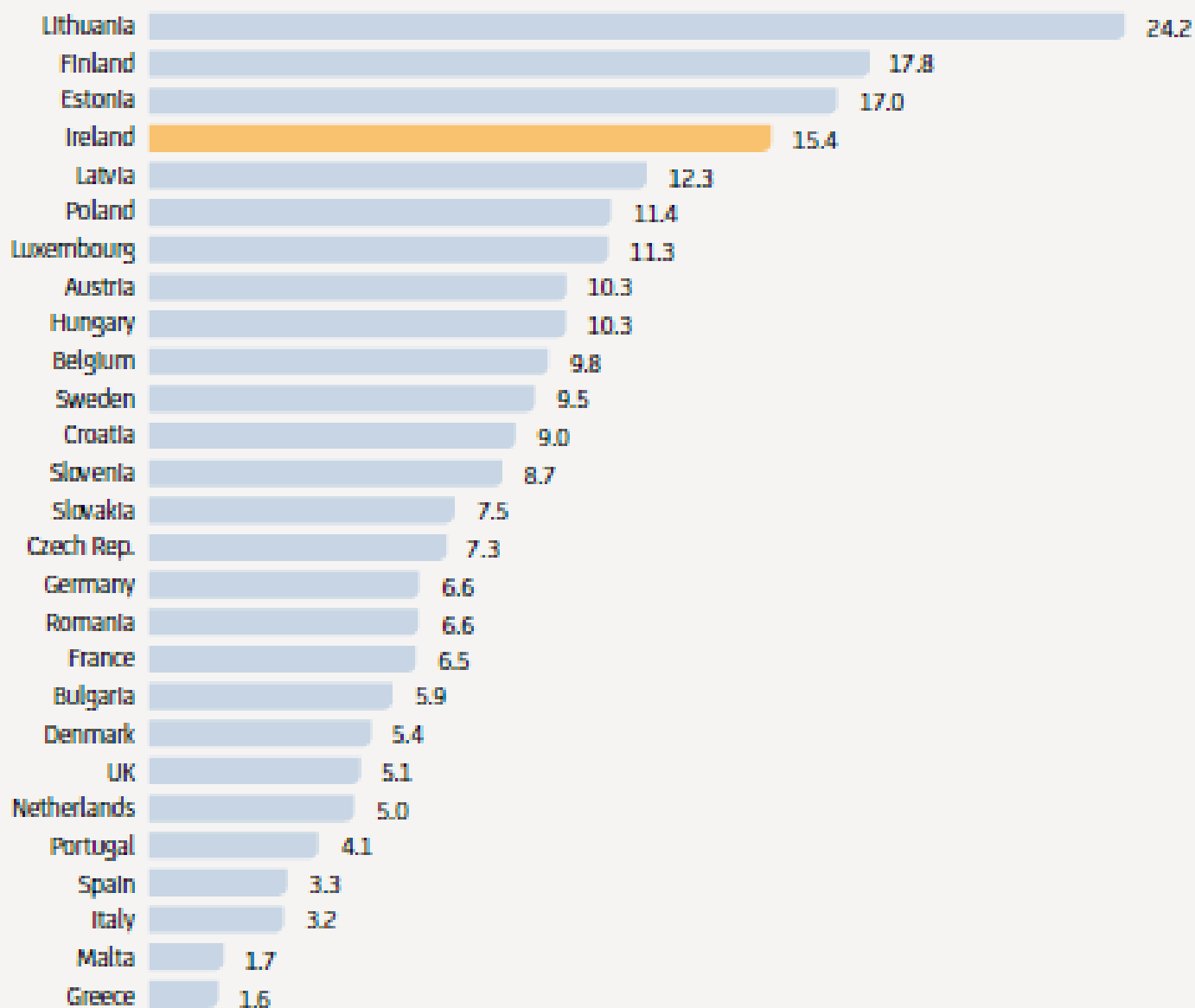
(WHO, 2001)

Figure 4.2 Total suicide rate per 100,000 population in the EU.



Based in WHO data  
accessed on 2013

Figure 4.3 Total suicide rate (15-24 year olds) per 100,000 population in the EU.



Based in WHO data  
accessed on 2013

# Irish Context

14,306 young people completed the My World Survey

- The majority of young people were found to be functioning well across a variety of mental indicators
- 2 in 3 reported no problems with depression, anxiety or stress
- Almost half reported that they cope well with problems
- 2 in 3 reported they enjoyed family life and talk to someone when they have problems

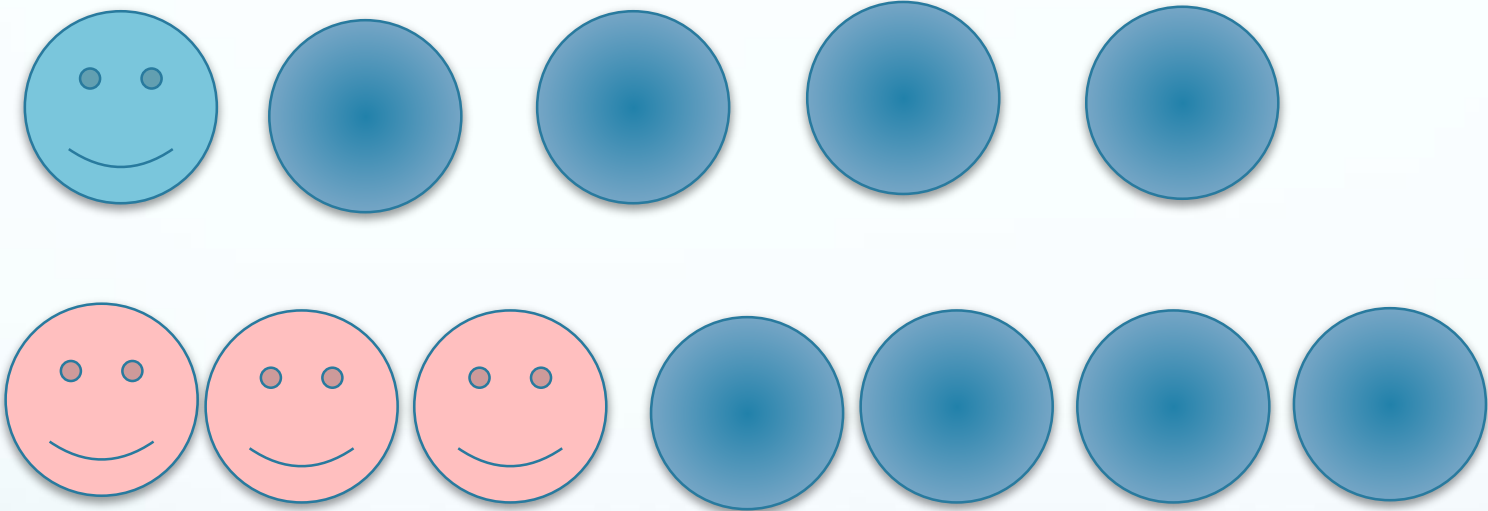
My World Survey (*Headstrong 2012*)

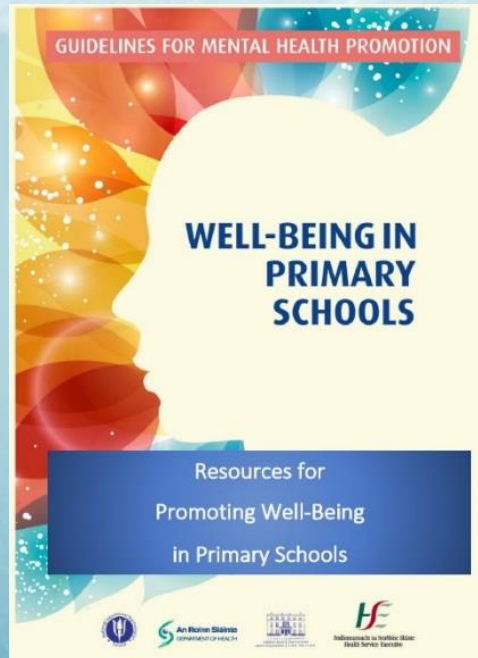
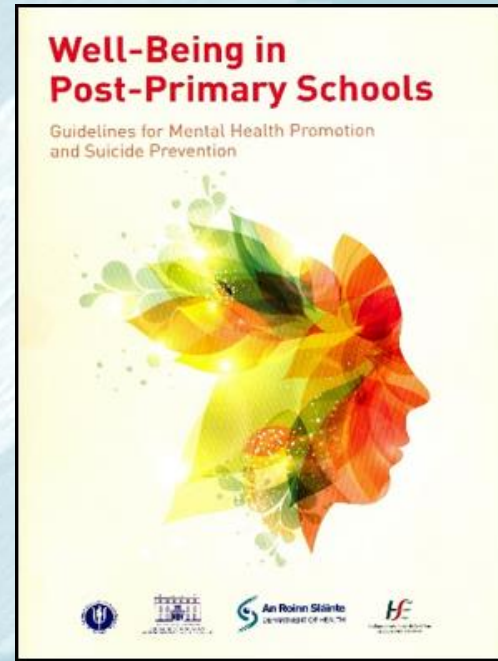
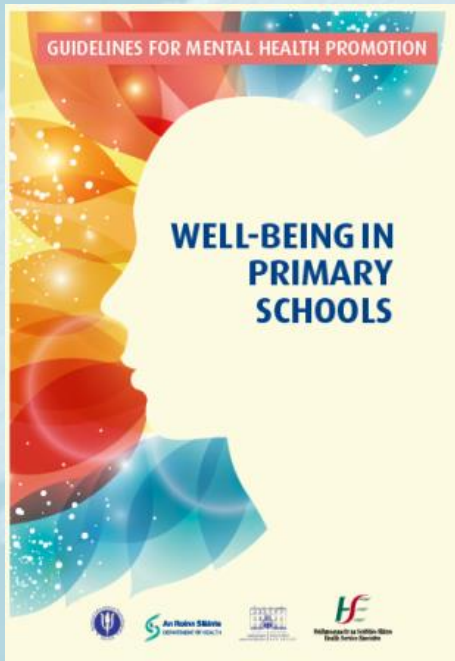
# Context

- 10% reported significant personal problems
- 1 in 3 experienced some level of mental health difficulty
- 1 in 5 engaged in self-harm
- 7% reported a suicidal attempt



13% of young men and 31% of young women access mental health care





# Key Messages

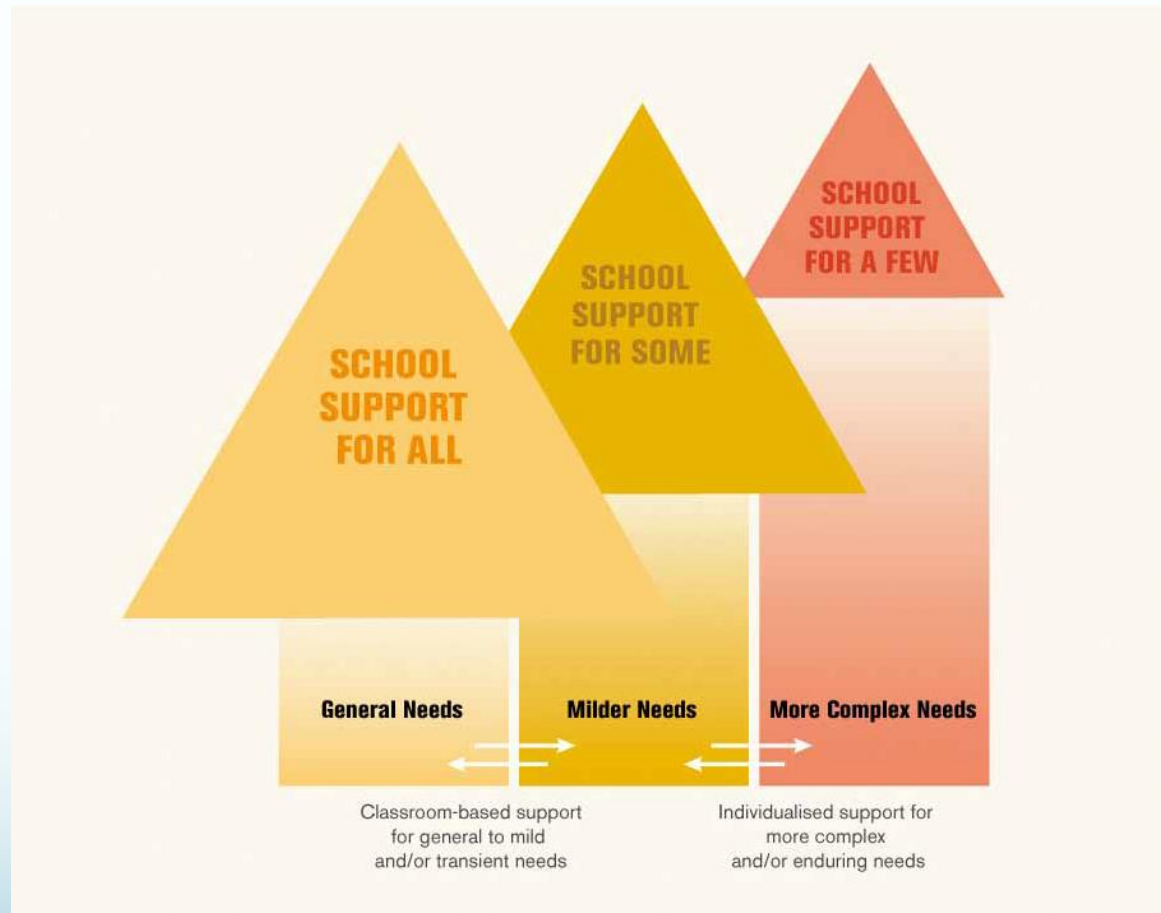
A positive school climate and culture is fundamental to staff and student well-being

The presence of one supportive adult in a young person's life is critically important to their well-being, sense of connectedness, self confidence and ability to cope with difficulties

The more vulnerable the young person, the higher the risk of increased prevalence of mental health difficulties

A young person's ability to recognise and express their emotions is fundamental to his/her capacity to learn

# Structure of Well-Being document



# NEPS Response to Critical Incidents

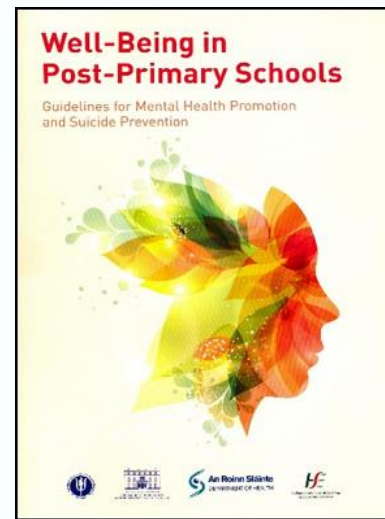
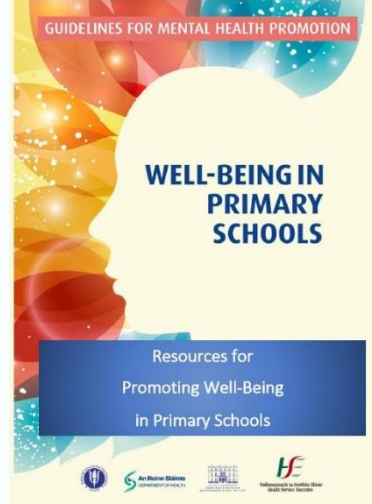
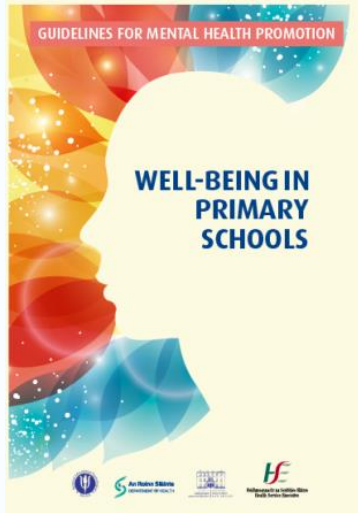


# Types of Incidents

- Suicide
- Attempted Suicide
- Violent deaths
- Road Traffic Accident
- Accidental Death
- Drowning
- Sudden death/Illness

# What is NEPS Role ?

- **Prevention** (SPHE/Well-Being, Programmes, Screening, Awareness)
- **Preparation** (CI Team, Policy, Plan)
- **Intervention** (short & medium term)
- **Follow-up** (monitoring students, referral, policy review, memorials)



*<http://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/Resources-Publications.html>*