

# Safeguarding Week (Nov 2021) | MONDAY | Emotional abuse and safeguarding mental health

## Bracknell Forest Safeguarding Board News



### Bracknell Forest Safeguarding Board



#### Safeguarding Week 15 to 21 November 2021

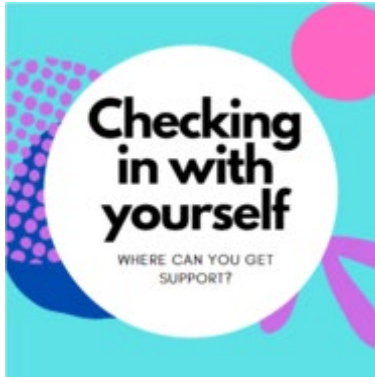
Nationally, this is Safeguarding Adults Week but in Bracknell Forest the Safeguarding Board has an 'all-age' approach so has decided to extend the campaign to also include children. We are following the [Ann Craft Trust](#) theme for the week of 'Creating Safer

Cultures' and their suggested topics for each day.

#### The focus for Monday is:

## Emotional abuse and safeguarding mental health

Emotional abuse can have a devastating impact on mental as well as physical health. To have safer cultures we need to prioritise wellbeing, and create a culture where people can speak out, be listened to and feel respected. Today, at an individual level, we are focusing on the importance of wellbeing and self-care. At an organisational level, today can be used to explore how organisations can be emotionally aware and promote respectful cultures where people can speak out without fear of reprimand.



## Wellbeing and self-care

Self-care looks different for everyone and changes day to day so it can be good to have a self-care toolbox with the things that work for you. This could be exercising, taking a walk, playing with the dog, mediation, reading and many more. These types of self-management have been proven to improve the lives of people with mental health conditions. The NHS provides [self-help tips](#), guides, tools and activities to support and improve mental health.

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## Mental Health

The [Mental Health Foundation](#) and [Mental Health at Work](#) provide information on community programmes and ideas to improve workplace culture. [Public Health Bracknell](#) provides advice and information on support available locally.

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## Hoarding Support

[Silva Homes](#) have produced a useful resource about hoarding, safety tips and the local hoarding support group.



## Emotional Abuse

[Relate](#) explain what constitutes emotional abuse and [Women's Aid](#) provide some common examples of coercive behaviour. They both provide details of where to go for help and advice.

Bracknell Forest Council provides [information and advice on domestic abuse](#) for professionals and those looking for help and support.

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## Mental Health Children and Young People

[Public Health Bracknell](#) provide information, advice and support for young people to cope with any mental health problems.

[Action for children](#) has advice and activities to support children and parents with their mental health and emotional wellbeing. There are many simple activities that could help when stressed or anxious.

[Women's Aid](#) and [NSPCC](#) describe the devastating impact that domestic abuse has on children and young people and both provide details on how to get help and support.

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