



Mental Health and Well-Being Coffee Morning

10 FEBRUARY 2026



In 2023, about 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder.

This was 20.3% of 8 to 16 year olds, 23.3% of 17 to 19 year olds and 21.7% of 20 to 25 year olds.



Among 8 to 16 year olds, rates of probable mental disorder were similar for boys and girls, while for 17 to 25 year olds, rates were twice as high for young women than young men.



More than 1 in 4 children aged 8 to 16 years (26.8%) with a probable mental disorder had a parent who could not afford for their child to take part in activities outside school or college, compared with 1 in 10 (10.3%) of those unlikely to have a mental disorder.

The **ZONES** of Regulation

Life is 10% what happens to us and 90% how we react to it.

Charles Swindoll

	Blue Zone Sad Bored Tired Sick		Green Zone Happy Focused Calm Proud
	Yellow Zone Worried Frustrated Silly Excited		Red Zone overjoyed/Elated Panicked Angry Terrified

WHAT IS SELF-REGULATION?

The ability to achieve the preferred state of alertness for the given situation. This includes regulating one's body's needs as well as one's emotions.

WHAT ARE THE ZONES OF REGULATION?

The Zones: A concept used to help students learn how to self-regulate. The Zones of Regulation creates a system to categorize how the body feels and emotions into four colored Zones with which the students can easily identify.

Blue Zone

Used to describe a low state of alertness. The Blue Zone is used to describe when you feel sad, tired, sick, or bored.

Green Zone

Used to describe the ideal state of alertness. A person may be described as calm, happy, focused, or content when he or she is in the Green Zone. The student feels a strong sense of internal control when in the Green Zone.

Yellow Zone

Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student's energy is elevated yet he or she feels some sense of internal control in the Yellow Zone.

Red Zone

Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behaviour, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>





Drawing and Talking



Wellbeing Ambassadors



Five Ways to Wellbeing



Connect



Keep Learning



Be Active



Take Notice



Give

MENTAL HEALTH RESPONSE TRAINING



FAST RESPONSE

Act quickly when you notice possible signs of mental distress



IDENTIFY NEEDS AND RISKS

Assess the situation for immediate needs and for risk of harm



REASSURE

Stay calm, unshockable and provide reassurance.



EMPATHISE & LISTEN

Listen non-judgementally, validate, accept and empathise.



SUPPORT & SIGNPOST

Offer support strategies, pass on information and refer for professional support.

The Mix

Calm Harm app

Self-Heal app

Mee Two app

www.youngminds.org.uk

Samaritans 116
123/ Childline

Kooth

<http://alumina.selfharm.co.uk>



Pre-birth to 2 years old

Advice and support available to help you after you have become a parent.



3 to 11 years old

Practical guidance to help you navigate the toddler years through to the end of primary school.



Teenagers

Tips and advice to help parenting during your child's teenage years



Family life and relationships

Courses and resources to help family relationships and promote healthy living.



Children with Additional Needs and Disabilities

Parenting courses and advice specifically for children with Additional Needs and Disabilities



Parenting courses and drop-ins

Find out what parenting courses are running near you!

<https://www.surreycc.gov.uk/children/support-and-advice/families/support-and-advice/parenting-courses-and-advice>