

# Self Esteem



In sociology and psychology, self-esteem reflects a person's overall emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self.

The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact [ShropshireFIS@shropshire.gov.uk](mailto:ShropshireFIS@shropshire.gov.uk) and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website [www.shropshire.gov.uk/early-help](http://www.shropshire.gov.uk/early-help).

## **Young Minds**

Are you worried about your child's lack of self-esteem? Do you need to know where to get help and what to do next? Young Minds is here to support you

[http://www.youngminds.org.uk/for\\_parents/whats\\_worrying\\_you\\_about\\_your\\_child/self-esteem?qclid=CKKTvg\\_YhMUCFQiWtAodEWEAHQ](http://www.youngminds.org.uk/for_parents/whats_worrying_you_about_your_child/self-esteem?qclid=CKKTvg_YhMUCFQiWtAodEWEAHQ)

## **Overcoming Mental Health Problems one step at a time**

This website looks at a range of different mental health problems but gives a detailed description of self-esteem and its effects

<http://www.overcoming.co.uk/single.htm?ipg=8612>

## **Family Lives**

This is a family friendly website that gives parents and carers with comprehensive advice on a range of conditions and family issues. This section talks about the effects of low self-esteem and gives tips on how to encourage and build self esteem

<http://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>

## **NHS Choices – Raising low self esteem**

Gives a description of Low self-esteem, looks at triggers and ways to overcome.

<http://www.nhs.uk/livewell/mentalhealth/pages/dealingwithlowself-esteem.aspx>

## **Child Development Institute**

Self-esteem: How to Help Children & Teens Develop a Positive Self-image. Self-esteem is a major key to success in life. The development of a positive self-concept or healthy self-esteem is extremely important to the happiness and success of children and teenagers. This page will share the basics for helping kids and teens to improve their self-esteem.

<http://childdevelopmentinfo.com/child-development/self-esteem/>



## **Tools and resources**

### **Overcoming common mental health Problems ...one step at a time (adults)**

There are a number of tools including “Overcoming Low Self-Esteem” self-help course which is available to you to download now or as a set of three workbooks

The Overcoming self-help books offer courses of highly effective Cognitive Behavioural Therapy (CBT) in book form. CBT is recommended by the NHS for the treatment of many emotional and psychological problems

<http://www.overcoming.co.uk/product/?pid=5178>

### **Living life to the full (adult)**

This website is an online self- help tool helping to spot signs of low self-esteem and looking at how to improve self-esteem.

[http://kidshealth.org/parent/emotions/feelings/self\\_esteem.html#](http://kidshealth.org/parent/emotions/feelings/self_esteem.html#)

### **Mind (adult + Teen)**

This webpage takes you specifically to a self-help guide with additional resources

<http://www.mind.org.uk/media/715750/how-to-increase-your-self-esteem-2013.pdf>

### **NHS Choices website**

Gives an overview of Low self-esteem and how you can help to alleviate and control those feelings

<http://www.nhs.uk/livewell/mentalhealth/pages/dealingwithlowself-esteem.aspx>

### **Dove – Self Esteem pages (teenage girls)**

Girls change enormously during adolescence and sometimes their self-esteem can suffer. As her parent, you want to help her feel good about herself. Having a healthy conversation about appearance is an important part of that. You need to be tuned in to her changing needs and help her to model an empowered attitude about appearance

[http://selfesteem.dove.co.uk/Articles/Written/Boosting\\_self-esteem.aspx](http://selfesteem.dove.co.uk/Articles/Written/Boosting_self-esteem.aspx)

### **More self esteem.com (child)**

This is an American based site set up to assist parents, giving them hints and tips to improve both Child and parents self esteem

[http://www.more-selfesteem.com/child\\_self\\_esteem.htm](http://www.more-selfesteem.com/child_self_esteem.htm)

## **Kids Health**

This is a website looking at all aspects child and adolescent health but on these pages they concentrate on Self- esteem and gives advice and guidance for younger children, teens and helps adults, parents and carers some helpful advice

[http://kidshealth.org/parent/emotions/feelings/self\\_esteem.html#](http://kidshealth.org/parent/emotions/feelings/self_esteem.html#)

## **Kids Play and Create (Child)**

This website is specifically for young children. Statistics show that children with low self-esteem tend to perform below their potential in school and make poor decisions in social situations. So this website has tools to actively encourage more positive self esteem

<http://www.kidsplayandcreate.com/>

## **Professional Support**

### **ChildLine – 0800 1111**

This website provides support to children and teenagers on many different areas of life but there is a section on how to cope with low self -esteem and plenty of hints and tips

<http://www.childline.org.uk/Explore/FeelingsEmotions/Pages/Self-esteem.aspx>

### **ELSA SUPPORT – Supporting emotional Literacy (Child)**

ELSA support is a website which supports the teaching of emotional literacy or emotional intelligence. It contains free and pay for resources and is useful to anyone working with children.

<http://www.elsa-support.co.uk/>

### **First steps (adults)**

This is a self- help document (PDF) produced in conjunction with the Virgin care and the NHS. The strategies/tools suggested in this booklet are evidence based methods of managing emotions and reducing their negative effects on our everyday life.

[http://firststeps-surrey.nhs.uk/wp-content/uploads/2013/12/Self\\_esteem\\_confidence\\_booklet.pdf](http://firststeps-surrey.nhs.uk/wp-content/uploads/2013/12/Self_esteem_confidence_booklet.pdf)

### **Minded – E-learning to support young healthy minds**

The MindEd Core Curriculum is aimed at all adults working as professionals or volunteers with children and young people. It offers e-learning to inform about the mental health and wellbeing of children and young people, what goes wrong and what can be done to help.

<https://www.minded.org.uk/mod/page/view.php?id=1259>

## **Local Support**

### **Tamhs – Targeted and Mental Health service**

Think Good Feel Good programme provides a number of different tools for schools and professionals working with children. The most relevant tools for Self Esteem are the Reach for the Top Programme and Friends for Life but school could explore a number of the tools available

Contact Naomi O’Hanlon - 01743 253942

<http://shropshire.gov.uk/media/520247/TAMHS-Mental-Health-Toolkit.pdf>

<http://shropshire.gov.uk/media/520244/TaMHS-Skills-for-Schools-Handbook.pdf>

### **Shropshire School Nurse Service**

School nurses provide confidential advice, care and support to children, young people, parents and carers through a range of key services. An opportunity to talk to a school nurse may allow a child to express concerns they had not wanted to tell a parent or teacher.

Telford Tel: 01952 621340

Shrewsbury Tel: 01743 277673

Oswestry Tel: 01691 663610

Wem Tel: 01939 235277

Bridgnorth Tel: 01746 711953

Ludlow Tel: 07896 812 233

Market Drayton Tel: 01630 656974

<http://www.shropscommunityhealth.nhs.uk/rte.asp?id=11413>

### **MIND**

Shropshire MIND was established 40 years ago and provides a diverse range of quality services, across the County for the one in four people and their families acknowledged to be affected by mental or emotional distress.

Holywell Street, Shrewsbury SY2 6BL

01743 368647

[admin@shropshiremind.org](mailto:admin@shropshiremind.org)

### **Relateen**

Relateen offers a counselling service to both adults and children. Many issues can arise from poor self- esteem and relate offers help and support to those who need it.

The Roy Fletcher Centre, 12-17 Cross Hill, Shrewsbury SY1 1JE - 01743 344010

<http://www.relate.org.uk/relationship-help/help-children-and-young-people>