

Wellbeing Bulletin

Asking for help can be empowering and frightening all at the same time.

Young people need to feel safe and supported throughout any challenges they face, and this bulletin aims to provide a range of information to support all of our Wellbeing and Mental Health.

Good Mental Health...

- ✓ Allows us to feel and express a range of emotions - both negative and positive - and to manage these emotions
- ✓ Enables us to build and maintain healthy relationships
- ✓ Gives us the ability to cope with change
- ✓ Helps us to be open to new and exciting challenges and enjoy our lives

In-school support:

School Counsellor - Monday and Wednesday

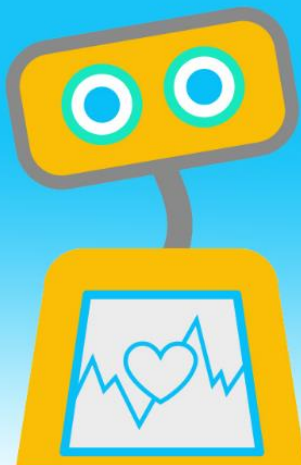
School Chaplaincy service - Thursday

CAMHS - dates to be confirmed

Drop-in sessions with Mental Health Lead - Break 1 every day

Timetabled sessions with Mental Health Lead - every day

Students can self-refer to any of the above through Self-Referral Forms obtained from Tutors or Heads of Year



Hi, I'm Woebot.

I'm here for you, 24/7. No couches, no meds, no childhood stuff. Just strategies to improve your mood. Plus the occasional dorky joke. 😊

Top 3 Rules for Self Care

- 1 Make time for yourself
- 2 Plan ahead – make lists and take notes
- 3 Talk to someone

**WINSTON'S
WISH WW**
Giving hope to grieving children



PAPYRUS
prevention of young suicide

We're supporting
mind
for better mental health

Anna Freud
National Centre for
Children and Families

**In crisis?
Need support?**

shout

24
7
Crisis Textline

Text AFC to 85258

Text the free, anonymous crisis textline

All texts are answered by trained volunteers
with support from experienced clinical specialists