

Wellbeing

Bulletin

AUTUMN 2025

Part of the safety briefing when flying includes this instruction:

Should the cabin experience pressure issues, please remain calm and fit your own mask before helping others.

For some, this can be difficult—especially if it's in our nature to put others before ourselves. But putting your own mask on first is essential.

If you're the person others turn to for advice, support, or simply to listen, or if you're going through your own struggles but keeping them to yourself, remember this: **your voice matters, and you cannot help anyone if you are running on empty.**

Put your mental health first and talk to someone.



In-school support:

School Chaplaincy Service: Thursday

Devon Child and Family Services: by referral through Head of Year

Mental Health Support Team: by referral through Head of Year

Drop-in sessions with Mental Health Lead: Break 1 every day, or booked 1:1 lunchtime session

Young Carers Drop-In: Monday lunchtime

Drawing and Talking/Emotional Logic - support sessions with Mental Health Lead: Timetabled

Students can self-refer to any of the above through Tutors or Heads of Year

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MISERABLY**
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AGAINST
SUICIDE



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