



# Mental Health in Schools Team Tips For Wellness



Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

## Transition

Transitioning into a new class or school can feel exciting and scary at the same time. It is important to remember, you are not alone in this situation or alone with experiencing these feelings. If you are worried, it can be helpful to talk about how you are feeling about the transition with others as they may help you get prepared or give you a different perspective to consider, which can help you to feel better about it. Below are some tips to help you manage your transition into a new class or school.

### Our tips for coping with transitions:

#### 1 – What will be the same?

When moving to a new class or school, it can feel overwhelming because we feel that everything will change but there may be some similarities. For example, you may still have some people you know in your new class and you may still be learning subjects that you love.

#### 2 – Think about what you can control

You may be worrying about the things that will be different in your new class. Think about the things you have control over and can think of practical solutions for. For example, can you visit your new classroom or complete your new journey to school, ahead of the first day? Can you ask a sibling or a friend to walk into class with you? You can ask for ideas from friends and family members too!



*Scan this QR code to see how these children solved some of their worries!*

**In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.**

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

**Please contact your school's Mental Health Lead for information and advice.**