



Mental Health in Schools Team Tips For Wellness

Talking

We can't always see when people are struggling, and people may not be able to see when we are struggling. We need to ask people how they are feeling, and we need to let them know how we are feeling so we can help each other.

There are people we can talk to if we are struggling; whether that be someone in our life already, such as a family member, a friend, or staff in school or college, or someone such as a mental health professional. Always try and speak to someone who you trust and someone who you feel will be able to help you.

There is no shame in wanting to speak with someone about your feelings, we all need to do it sometimes, it is an action of bravery!

Our Top Tips For Talking

1. If you want to speak to someone but are struggling to, try writing your thoughts and feelings down or drawing a picture to show how you are feeling and giving this to someone you trust instead.
2. You can also agree to have a 'safe word' to use with someone too, which signals that you have something you would like to talk about. For example, you may agree with a family member or teacher that you will say 'bananas!' when you need a private chat. Make sure you say it so that they hear and notice it.
3. Draw your handprint and on each finger, write someone's name who you could speak to if you needed to talk about something.
4. Try and write down a list of ways you could support someone if they were talking to you about worries or sad feelings they were having.
5. Remember, you are never a burden for asking for support...there is always someone who will want to help.

Scan the QR codes for more information about who you can talk to:



Mind



Young Minds

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

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.