LET'S TALK – MENTAL HEALTH

WE ALL HAVE MENTAL HEALTH

Our mental health affects how we **feel**, how we **think** and what we **do**

it's time to talk...

Life has its ups and downs and when things are particularly stressful (during exams for example), we might start to feel overwhelmed or find it hard to cope

Statistics also tell us that 10% of young people (that's 3 students in every class) have a mental health condition such as anxiety or depression

Whether you're finding life a bit stressful at the moment, or you've been struggling to cope for a while, it's important to talk about how you feel and get some help

INTRODUCING YOUR MENTAL HEALTH AMBASSADORS

Scott Warburton

Lucy Morgan

Kyla Kocak

Amy Powell

Gabriel Negara

Charlie Sealey

Robyn Thorne

Megan Fleetwood

Jemina Paramore

WHO ARE WE?

- We have been trained how to listen and how to support young people facing any of the mental health issues that everybody faces
- We aim to raise awareness of mental health issues and to challenge the stigma surrounding mental health and to ensure that everyone has somebody they can talk to whether it is one of the ambassadors or an adult or even a pet!
- You can identify us by our **pink** lanyards!

WHAT WILL WE BE DOING?

- Drop-in sessions – we will have a designated area/ room where anyone can come and talk to one of our ambassadors. Please remember no situation is too small and is not a waste of our time.

- We understand confessing to someone that you are not okay is hard, but we are here to listen and we have volunteered for this role because we want to support young people. So please do not hesitate to ask for help.

WHERE CAN WE BE FOUND?

- Wednesday lunchtimes – PF10 – upstairs in the Post 16 area (Mr Clark's office)
- You may also arrange meetings with us somewhere else if you prefer. You can talk to us if you see us around school or ask a member of staff in SST to arrange a meeting with us.
- REMEMBER – LOOK FOR THE **PINK** LANYARDS

WHAT TO EXPECT

- Meetings with us will be informal chats and a chance for you to talk to somebody. Everything said between yourself and the ambassador will remain confidential, unless it is a safeguarding issue. (A safeguarding issue is where we are worried that you, or someone else, might be at risk of harm)

- No problem is TOO SMALL. No issue is ‘silly’ We want you to get any worry/ stress/ problem off your chest.

RELAXATION TECHNIQUE

- **Focus on your breathing**
- **Learning to breathe more deeply can help you feel a lot calmer.**
- **Breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out.**
- **Count as you breathe. Start by counting 'one, two, three, four' as you breathe in and 'one, two, three, four' as you breathe out.**
- **Demonstration from ambassadors**

WANT TRAINING?

- Would you like to know how you can help those around you?
- Would you like to know more techniques that can help calm yourself down?
- MORE TRAINING OPPORTUNITIES COMING SOON

QUESTIONS?

- If you have any questions about anything we have spoken to you about today, please come and speak to either Mr Clark, Ms Gallagher or one of the ambassadors

EXTRA HELP

mindyou

southglos.gov.uk/mind-you/

FROG

BSCS online portal

OTR

Off The Record
otrbristol.org.uk

YOUNGMiNDS

youngminds.org.uk

mind
for better mental health

www.mind.org.uk

NHS

School health nurse team
Drop-in – Tuesday
lunchtimes in SST

kooth

Free, safe and anonymous
online support for young people

https://kooth.com/

Your GP

HOW TO LOOK AFTER YOUR MENTAL HEALTH

- Introducing these five things into your life can help you feel happier, more positive and will help you cope better

5 WAYS TO WELLBEING