

How can we help ourselves and others?

It is helpful to consider some ways that we can support ourselves and people around us who are struggling with their mental health and wellbeing. We can support ourselves and people around us in the following ways:

- Talking to someone and listening to others.
- Advising others to talk to trusted people around them about how they are feeling.
- Reassure them that there is support available and utilise this ourselves.
- Be kind - help others feel valued and respected.



Who else can I speak out to?

If you need further support for your wellbeing and mental health you can contact these below;

They will listen to your feelings and offer you advice.

Call: **0800 1111**



Website: www.childline.org.uk

Call: **0808 802 5544** **YOUNGMINDS**

Website: www.youngminds.org.uk

Call: **0808 800 5000** **NSPCC**

Website: www.nspcc.org.uk

Call: **0300 772 9844**



Website: www.nopanic.org.uk



For more information visit :
<https://www.nhs.uk/>

West End Academy



Child Friendly Wellbeing and Mental Health Policy



Wellbeing and Mental Health Policy

What does wellbeing and mental health mean?



Wellbeing is all about:

- being comfortable
- being happy
- being healthy

Mental health is all about:

- how you feel about yourself
- how you're feeling
- how much you believe you can overcome challenges in your life (being resilient)
- whether you feel able to interact with other people.

What can we do to look after ourselves?

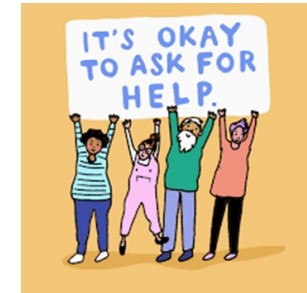
It is important that we do all we can to help our minds and bodies stay healthy. Being healthy means our minds and bodies are well and can support us to do what we want to do.

Here are ways we can support our wellbeing and mental health:

- Eat healthy
- Physical activity
- Regular sleep schedule
- Do hobbies you enjoy
- Talk to someone about your feelings



When do we need help?



Signs that we may need support might include:

- a lack of energy
- less interest in things we usually like
- avoiding spending time with friends or family
- feeling like we are not doing well and feeling useless
- difficulty sleeping or sleeping too much
- changes to appetite
- having sudden angry or irritable outbursts
- feeling anxious and worrying a lot