

Mental wellbeing

Useful apps



The NHS suggests 5 steps:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

1. CONNECTING WITH OTHERS

Good relationships are important for your mental wellbeing. There are lots of things you could try to help build stronger and closer relationships:

- Taking time each day to be with your family
- Arranging a day out with friends
- Switching off the TV and talking or playing a game with friends or family

2. BEING PHYSICALLY ACTIVE

Being active is not only great for your physical health and fitness but also your mental wellbeing and self esteem.

3. LEARNING NEW SKILLS

Learning new skills can improve your mental wellbeing. Why not try:

- Learning how to cook something new
- Taking on a new responsibility at home or school
- Working on a DIY project, such as fixing a broken bike
- Starting a new hobby such as writing a blog, taking up a new sport or learning to paint

4. GIVING TO OTHERS

Acts of giving/kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward. Some examples are:

- Saying thank you to someone for something they've done for you
- Asking friends/family how they are and really listening to their answer
- Visit a friend or family member who needs support or company
- Volunteering in your community

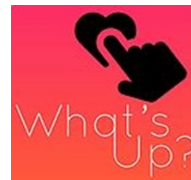
5. MINDFULNESS

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness 'mindfulness' and it can help you enjoy life more and understand yourself better.

MEDITATION



MENTAL WELLBEING



ADVICE AND GUIDANCE



Wellbeing Support for Pupils

It's helpful to talk ...

It may sound straightforward but if you are worried about anything the best thing you can do is talk to someone you trust. This could be a:

- Friend
- Parent/Carer
- Teacher
- Youth/Social Worker

KEY PASTORAL STAFF AT SPRINGFIELD

YEAR 7

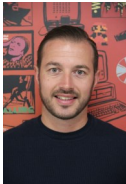


Mrs Goldsmith



*Mrs Holbrook

YEAR 8



Mr Chaplin



Miss Nash

YEAR 9



Miss Hawkins



Miss Roadnight

YEAR 10



Mrs Brown



Miss Watson-Williams

* DESIGNATED LEADS FOR SAFEGUARDING

YEAR 11



Mr Peachment



Miss Lawrence



*Ms Kelly



*Mr Wilburn

Worries a young person may have

You may be worried about yourself a friend or a family member.

Portsmouth Safeguarding Children Partnership has useful information and advice regarding these issues:

- Parental arguing and shouting
- Keeping safe physically and online
- Being forced to do something you don't want to
- Sending an explicit image
- Being scared walking home
- Self harming
- Being bullied
- Being hurt
- Questioning whether your relationship is normal
- Drugs and alcohol
- Dangers of terrorism/extremism

<https://www.portsmouthscp.org.uk/children-young-people/>



Support for young people

CHILDLINE  0800 1111

<https://www.childline.org.uk/>

Online, on the phone, anytime

NSPCC

Dedicated helpline for young people who have experienced abuse at school

 0800 136 663 or

email help@nspcc.org.uk

EMERGENCY SERVICES  999

If you are concerned that your life or the life of someone else is in danger (including someone at the risk of suicide)

CRISIS (ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES)

Text AFC to 85258

SAMARITANS  116 123

<https://www.samaritans.org>

24 hours a day, 365 days a year

KOOTH

<https://www.kooth.com/>

Online mental wellbeing community