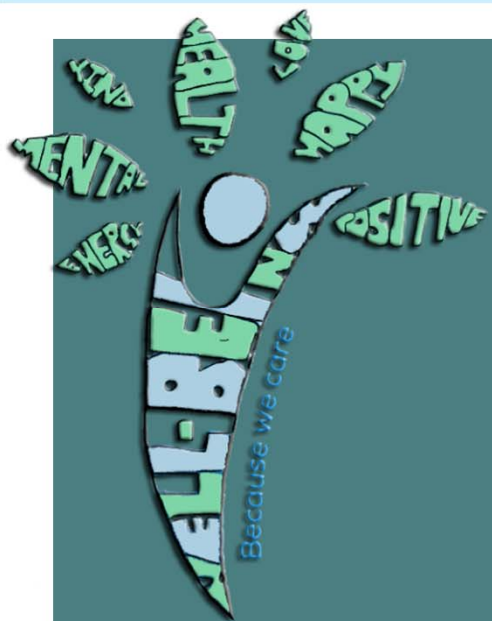


Happy Well-being Wednesday!



mentalhealth.org.uk



Happy Well-being Wednesday!



<https://www.marketing-beat.co.uk/2023/09/27/ant-and-dec-itv-mental-health/>

Happy Well-being Wednesday!



LET'S TALK ABOUT MENTAL HEALTH

BECAUSE THE MORE WE
TALK ABOUT IT, THE MORE
WE EMPOWER OTHERS TO
SAY "ACTUALLY, I'M NOT OK."

@LauraJanelIllustrations

Let's
TALK ABOUT
Mental
HEALTH

Useful helplines



**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
WEBCHAT

<https://www.thecalmzone.net/>

childline

Call 0800 1111

ONLINE, ON THE PHONE, ANYTIME

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

shout
85258

TEXT 'SHOUT' TO
85258
here for you 24/7

<https://giveusashout.org/>

PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINEUK
0800 068 41 41

<https://www.papyrus-uk.org/>

SAMARITANS

Call 116 123 for free

<https://www.samaritans.org/?nation=scotland>

Anxiety UK

03444 775 774 | Text support: 07537 416 905 (open Mon-Fri 09:30-17:30)

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

A useful website to use → <https://www.nhs.uk/every-mind-matters/urgent-support/>

Happy Well-being Wednesday!

Where to get help if you need support in school:

@RPCC there is so much support.

- Tutors
- Head of year support
- Heads of year
- Teachers
- Support staff
- Mental Health support workers
- School Councillor
- SLT
- Well-being Champions
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

