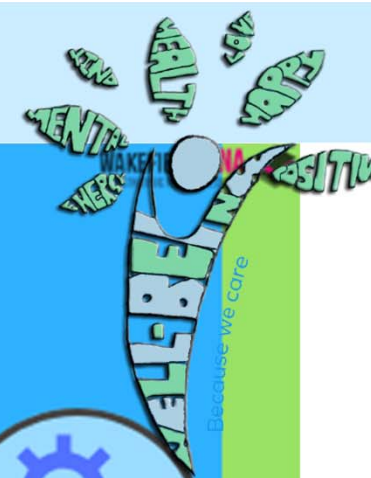


Happy Well-being Wednesday!



What is wellbeing?

Good wellbeing might include..



Feeling happy or content



Working productively and fruitfully



Making a contribution to the community

Realising own achievements and abilities



Coping with the normal stresses of life



Feeling good



Doing OK

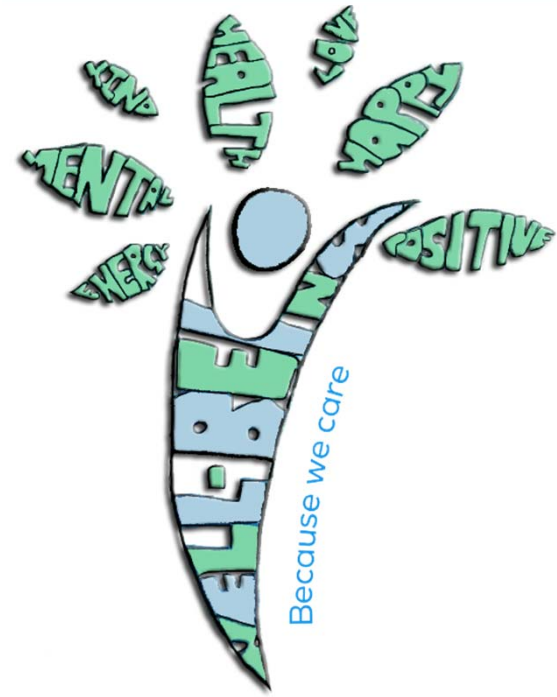


Struggling



Really not OK

Happy Well-being Wednesday!



Dictionary

Why is wellbeing important?



well·be·ing

/wel'bi:ɪŋ/

noun

1. Wellbeing is the state of being happy and healthy which means that for all of us, wellbeing means something different.
2. We often forget that we deserve to treat ourselves the same kindness and care that we would give to others.
3. As busy students, it can be easy to fall into unhealthy habits like sleeping poorly or overworking. However, putting in that extra effort to look after yourself is worth it in the long run to help us live healthy and meaningful lives.

Useful helplines



**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58

WEBCHAT

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

childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111

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

shout
85258

TEXT 'SHOUT' TO

85258

here for you 24/7

<https://giveusashout.org/>



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

