

Happy Well-being Wednesday!



15 to 21 May 2023

Mental Health Awareness Week



Mental Health
Awareness Week

Anxiety

Anxiety

We all feel worried, tense or fearful sometimes. These are normal responses to certain situations. But if you live with an anxiety disorder these feelings of fear and danger can be ongoing and impact the ability to live your life as fully as you want to.

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These top tips have been written by staff from the Rodillian Multi Academy Trust

"Take one day at a time, try not to over-think the future"

"Be kind to yourself"

"Someone cares and there is always someone to talk to and that they will listen"

"Be honest about triggers – make people aware"

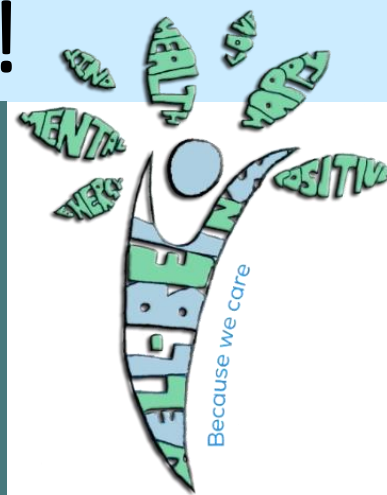
"Take a quiet breath – sometimes you need to be away from the noise to calm and refocus yourself"

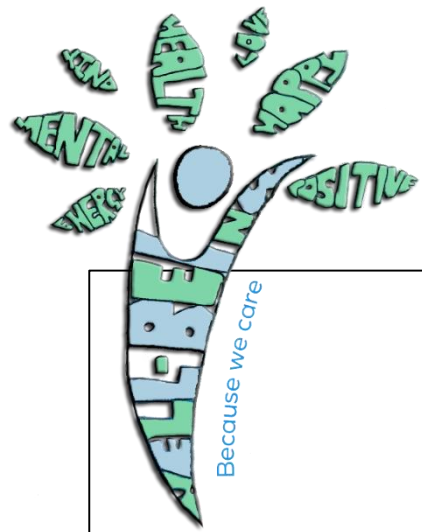


"Find a self help book that talks to you. Everyone is different so things won't resonate with every person in the same way"

"Remember to be kind to yourself! Take 5 minutes, eat something nice, go for a walk. You're doing an amazing job"

"Talk and listen. If unable to offer support seek guidance from someone who can help"





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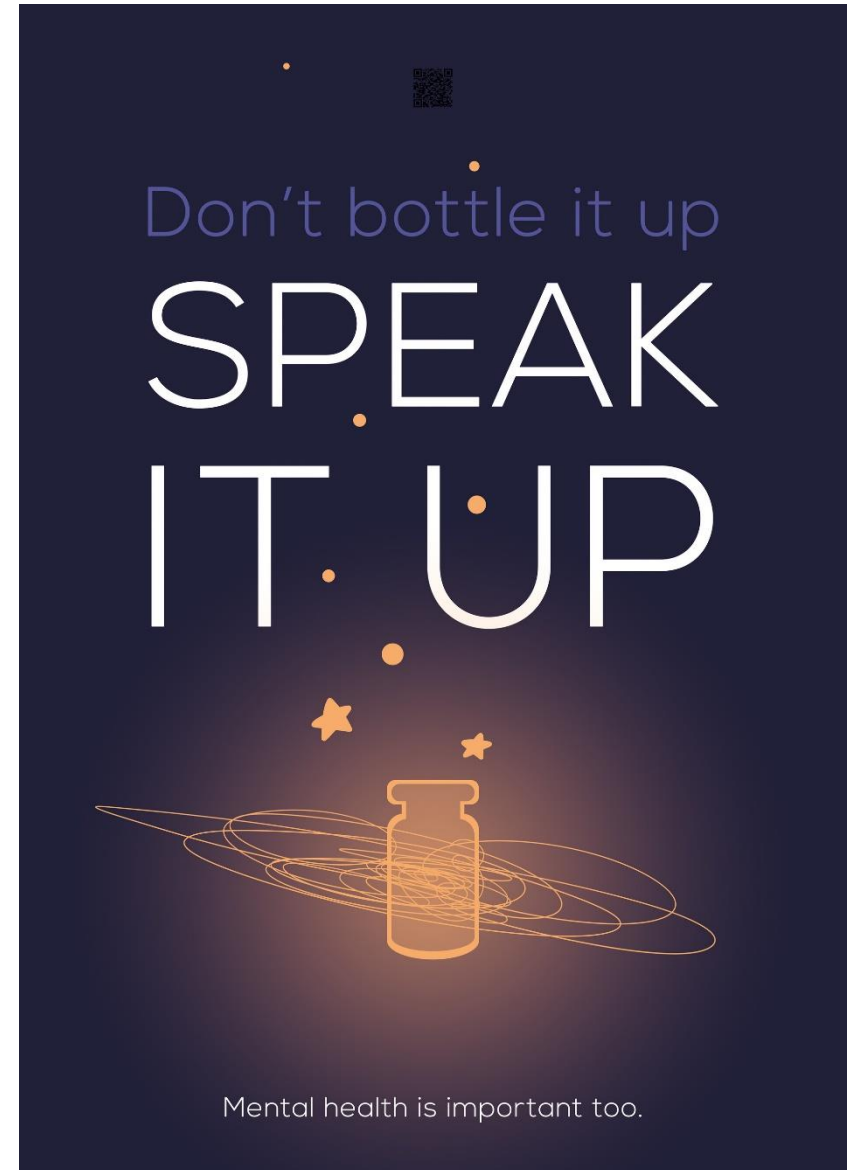
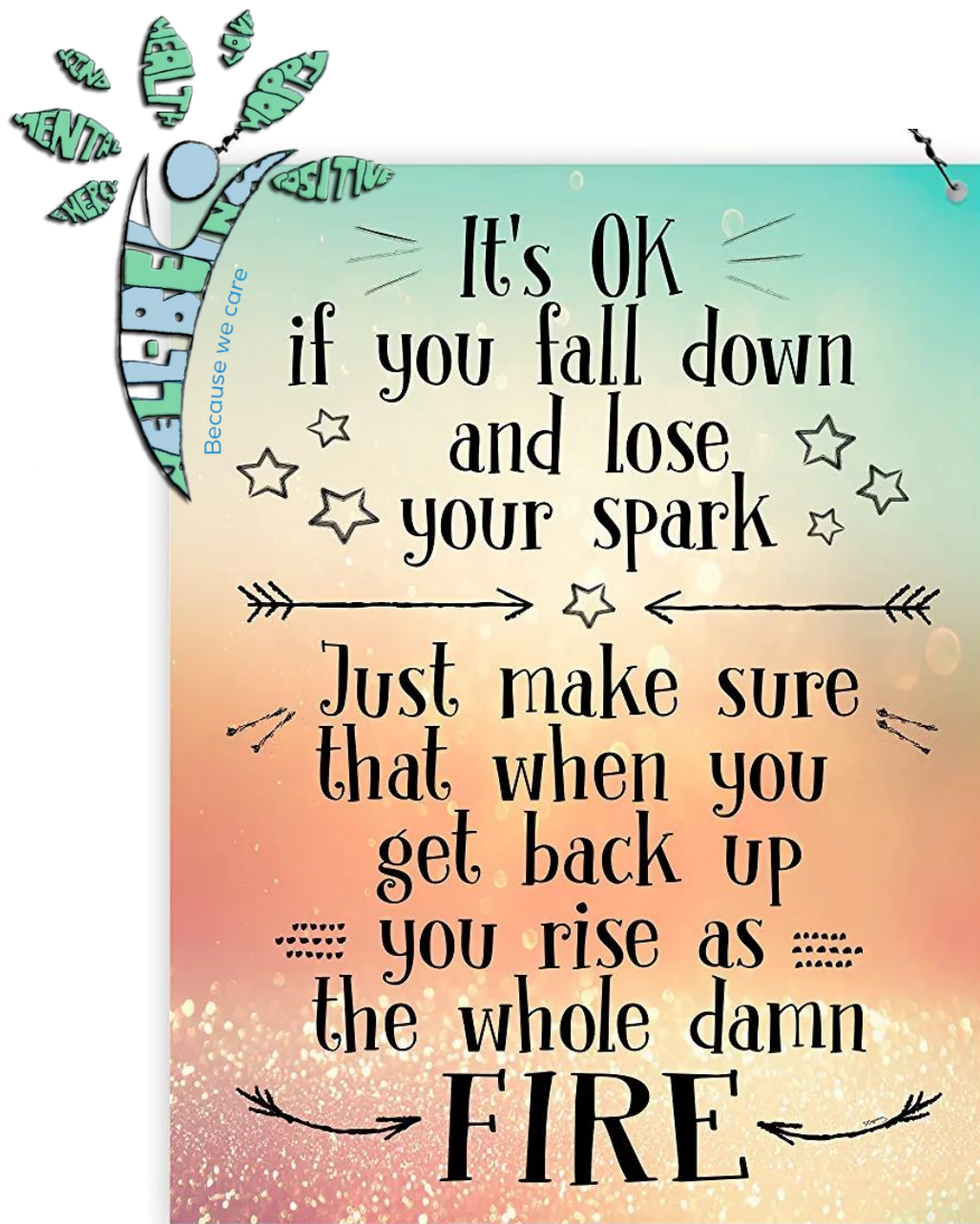
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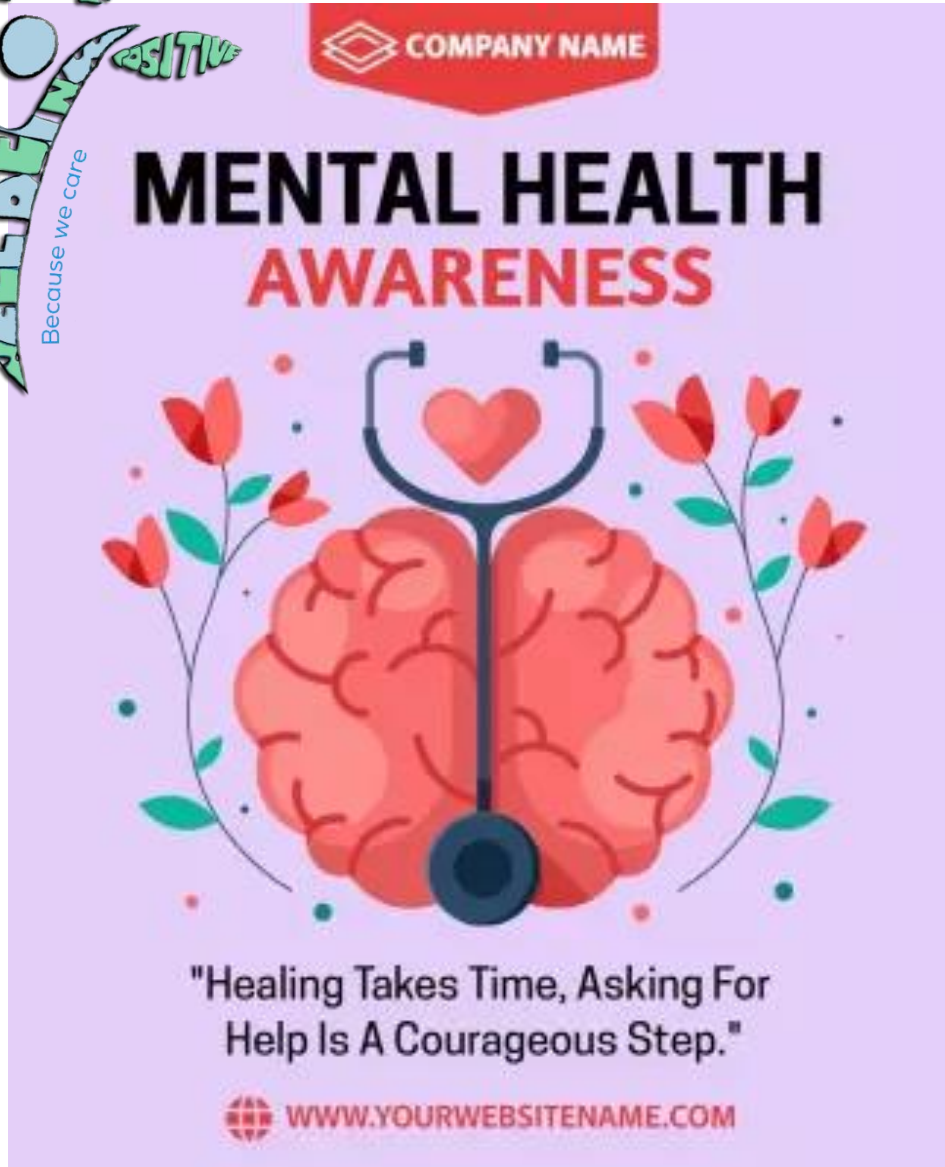


Mental Health
Foundation

#ToHelpMyAnxiety








There is **no shame**

in **seeking help.**



Mental health is important too.

in seeking help.



Mental health is important too.



MIND MATTERS

WORLD

MENTAL HEALTH DAY

Your Mental Health Matters



www.mindmatters.com

it's okay



to reach out for help

KeepnTrack

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How can you raise awareness of Mental Health?

Useful helplines



 **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/>



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

