

Happy Well-being Wednesday!



'Five Ways to Wellbeing'

A series on how to make a positive difference to our mental wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

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S Secondary Group

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- How can you improve your 5 ways to Well-being?
- How are you going with your new focus from the first week back?
- Do you need to decide on a new focus to help with your well-being?

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Where to get help if you need support:

NEVER ALONE

- NSPCC
0808 800 5000
(24hrs)
- National Domestic Abuse Helpline
0808 2000 247
(24hrs free)
- Mind
0300 123 3393
(Mon-Fri 9-6)
- Victim Support
0808 168 9111
(24hrs)
- Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)
- ChildLine
0800 1111
(24hrs)
- Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)
- Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5 or 8pm)
- Samaritans
116 123
(24hrs free)
- National Centre for Domestic Violence
0207 186 8270

- Kooth**
Free, safe and anonymous mental wellbeing support for teens
- Calm**
Meditation, sleep stories, inspiring masterclasses + more
- Catch It**
This diary helps them see where their moods are coming from
- Blueice**
Helps teens in times of anxiety with CBT (Cognitive-Based Therapy) techniques
- Chill Panda**
Breathing techniques, yoga, exercise and calming games to help them feel better

@RPCC there is so much support.

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

