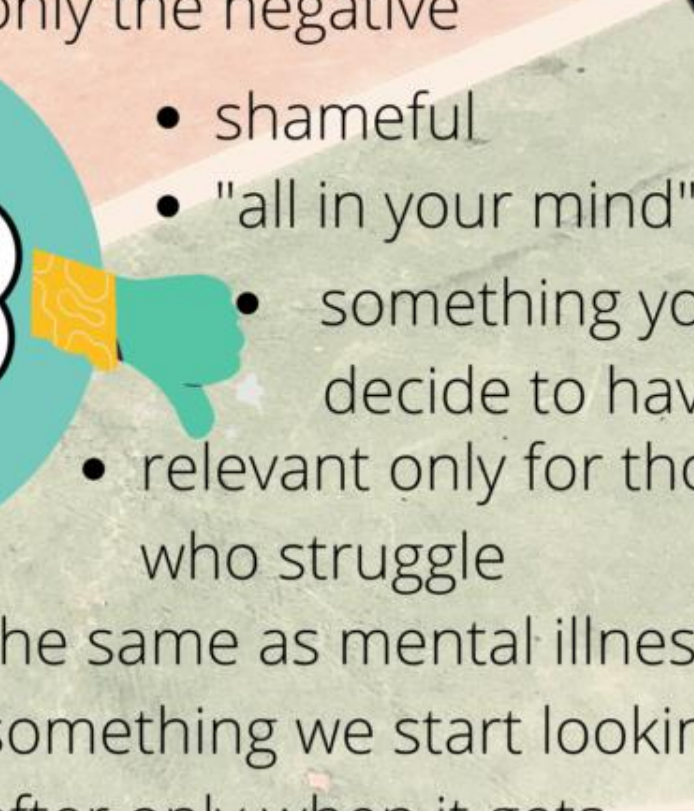


MENTAL HEALTH

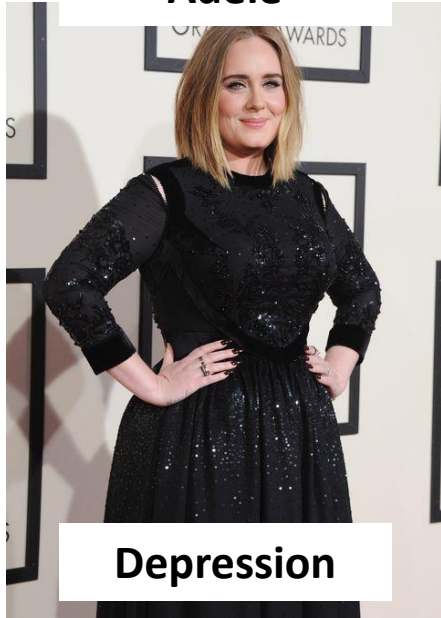
IS NOT...

-
- time for
- nd
life
- ical health
- rele
 - who
 - the same
 - something after only broken

- 
- a sign of weakness
 - only the negative
 - shameful
 - "all in your mind"
 - something you decide to have
 - relevant only for those who struggle
 - the same as mental illness
 - something we start looking after only when it gets broken

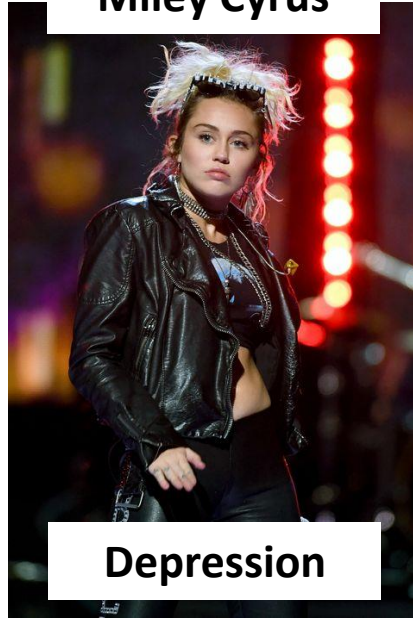
Celebrities opening up about mental health

Adele



Depression

Miley Cyrus



Depression

Zayn Malik



Anxiety

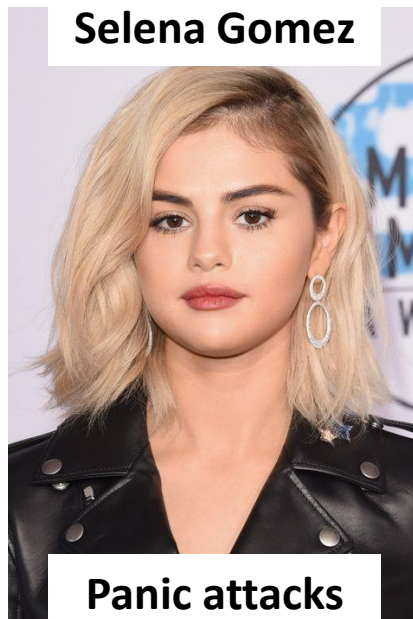


Prince Harry



Agoraphobia

Selena Gomez



Panic attacks

Dwayne Johnson



Depression

Lena Dunham



OCD

Happy Well-being Wednesday!



Mental illness is nothing
to be ashamed of.
Neither is talking about
it. It's #TimetoTalk.

time-to-change.org.uk



No one should
feel ashamed
to talk about
mental health



#timetotalk

time to change

let's end mental health discrimination



Happy Well-being Wednesday!

Where to get help if you need support:



PAPYRUS
PREVENTION OF YOUNG SUICIDE
HOPELINEUK
0800 068 41 41

**Text
SHOUT
to
85258**

shout
85258 here for
you 24/7

@RPCC there is so much support.

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

