

Happy Well-being Wednesday!

A student story shared.



Hello, I'm a student at Regents Park and I suffer from mental health. I was feeling really down in myself and I had no energy, I really didn't want to do anything. I always got bullied and made fun of, I felt like I was trapped in the underworld, but I call it my dark place. It all got so bad to the point where my family had to call 111 as they were worried about me, I was lost in myself. I got put through to CAMHS and they have helped me so much and have taught me how to control my feelings, through emotional regulation in 1:1 sessions, which I have weekly. I also had support from No Limits and 2 student Social Workers, this helped me so much because now I feel better in myself and I have my energy back. I still suffer from mental health, but I take medication to help it and use all the strategies I have been taught through my sessions.

My recommendation is please talk to someone if you're having any negative thoughts or you are feeling really down, you don't need to be afraid or feel alone. Adults in school and at home are there to help you so if you're feeling down speak up you're not alone, the help is there for you!

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

