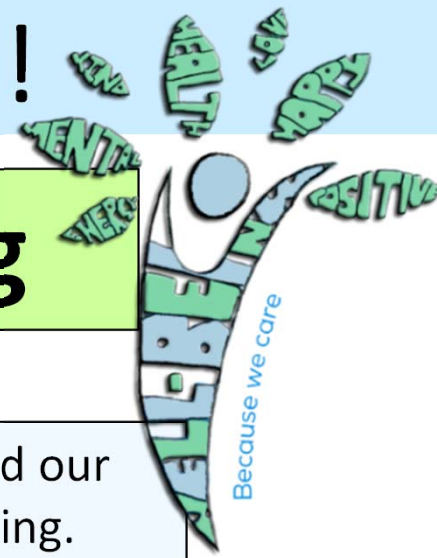


Happy Well-being Wednesday!

How our Ethos fits in with Well-being



Respect – Showing respectful behaviour to ourselves, each other and our surroundings gives off positive energy. This is great for your well-being.



Pride – being proud of your achievements, no matter how big or small they may be is really good for your well-being. Always focus on the positives each day.

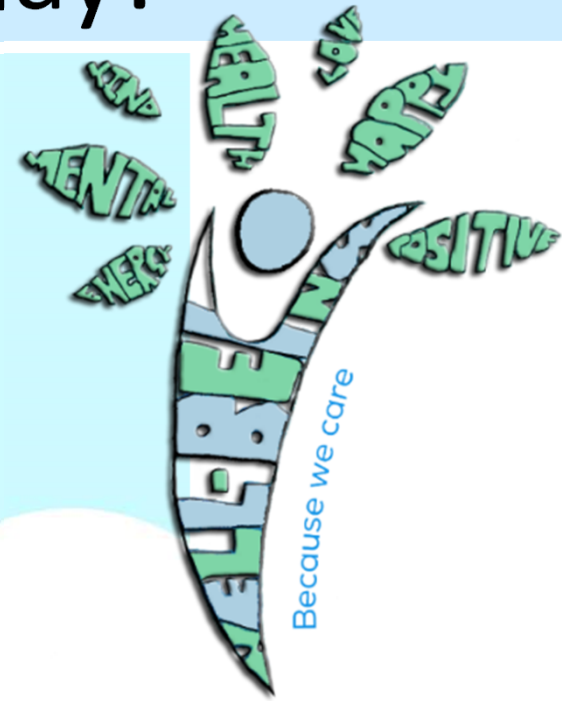


Creativity – Being creative is a brilliant way to support your well-being. Taking time out of your busy day to do something creative, helps to settle your mind and de stress.



Challenge – Giving yourself a challenge helps to give you a new focus, something to aim for which results in positive energy. This is great for your well-being

Happy Well-being Wednesday!



Counselling drop in sessions

Counselling can support your ill mental health, but it can be hard to reach out for help.

If you feel you need support and want a confidential chat*, drop by to see if counselling can help you.

Visit the Counselling room (above the science block)

Tuesday & Thursdays

Morning break

Lunch break

*Confidentiality commitment & Safeguarding policy applies.

Happy Well-being Wednesday!

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

