

# 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

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## 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.

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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

