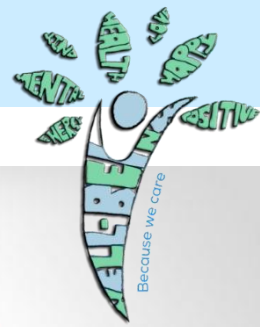


Happy Well-being Wednesday!



Coping with Change

Just when it starts to feel like we're establishing routines, life changes. Sometimes it's planned and sometimes it's completely unexpected . No matter the change, it takes time to adjust.

Change is inevitable and helps build resilience when we are able to cope in healthy ways.

Happy Well-being Wednesday!



DEALING WITH CHANGE

Useful helplines



<https://www.thecalmzone.net/>



childline

Call 0800 1111

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>



<https://giveusashout.org/>



<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
- SLT
- Well-being Champions
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

