



#WorldMentalHealthDay



WORLD MENTAL HEALTH DAY

10TH OCTOBER 2020



WHAT IS MENTAL HEALTH ?



We all have mental health just as we all have physical health

- Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act.
- Mental health problems can affect anyone, any day of the year, but 10 October is a great day to show your support for better mental health and start looking after your own wellbeing.
- There are things we can all do to help take care of our mental health and wellbeing

WHAT CAN IMPACT MENTAL HEALTH?

<https://youtu.be/AUWhdmKyOE8>



- Lockdown
- Home Circumstances
- Friendships
- Education
- Health
- Financial difficulties
- Genetics
- Stress

STUDENT WELLBEING AND SAFEGUARDING TEAM



Mrs Booth



Mrs Wake



Ms Gibson



Mrs Fielding



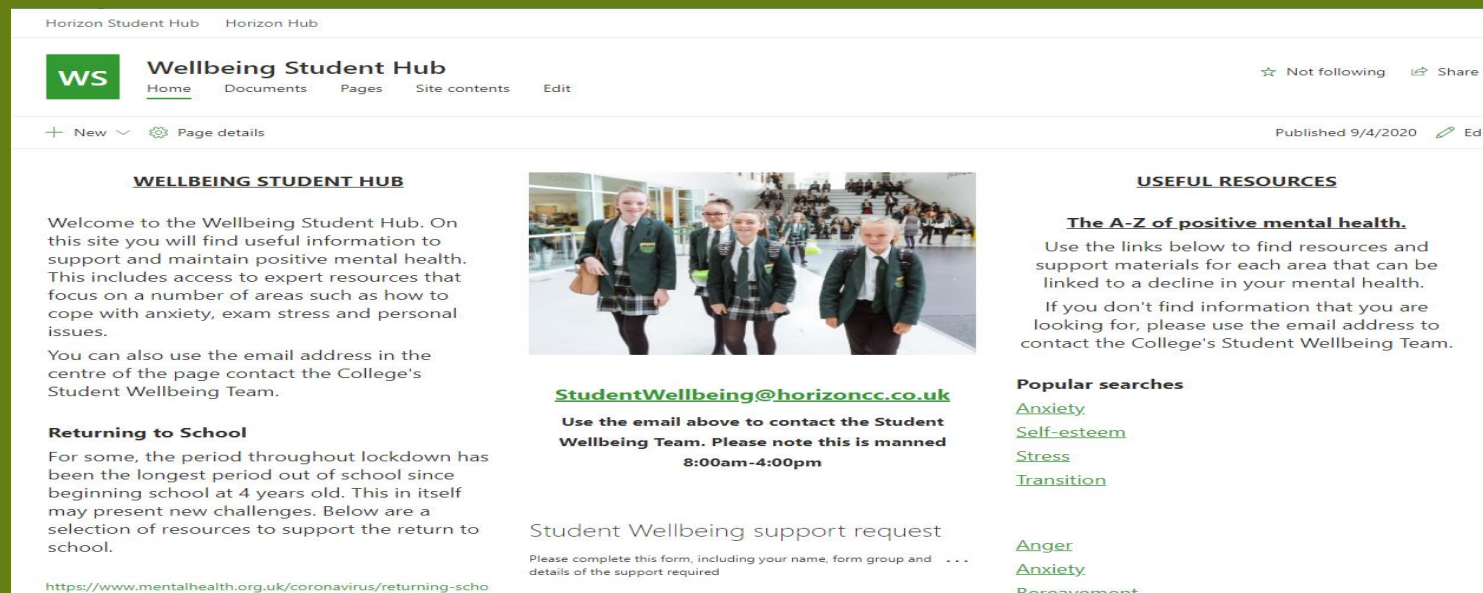
Miss White



Mrs Derbyshire

- The Deputy Designated Safeguarding Leads and Student Wellbeing Officers are now based in 10.1
- Students should not attend 10.1 without permission and can access support from the Wellbeing Team upon arrival to College in the Heartspace.
- **Form Tutors** should remain the first point of contact to discuss any issues.

There is also the Wellbeing Student Hub that students can access via Sharepoint which includes links to various websites and resources.



The screenshot shows a SharePoint page titled "Wellbeing Student Hub". The page header includes the "WS" logo, navigation links for "Home", "Documents", "Pages", "Site contents", and "Edit", and a "Not following" status. The main content area is divided into three columns. The left column, titled "WELLBEING STUDENT HUB", contains a welcome message, contact information for the Student Wellbeing Team, and a section on "Returning to School". The middle column features a photograph of four students in school uniforms, followed by the email address StudentWellbeing@horizoncc.co.uk and a note that the team is manned from 8:00am to 4:00pm. Below this is a "Student Wellbeing support request" form. The right column, titled "USEFUL RESOURCES", lists "The A-Z of positive mental health" and provides a list of popular searches including Anxiety, Self-esteem, Stress, Transition, Anger, and Bereavement.

STUDENTWELLBEING@HORIZONCC.CO.UK

IN SCHOOL SERVICES, APPS AND WEBSITES



Be Mindful: The Be Mindful course is an easy-to-follow web-based training programme that guides you through all the elements of mindfulness-based cognitive therapy. Download it in your app store or visit www.bemindfulonline.com

ASK NORMEN: This website has lots of useful information around dealing with mental health and self-harm for young people. Visit <http://www.asknormen.co.uk/resources-and-tools/>

Find, Get, Give: This is a mental health services signposting website for young people aged 11-25 where you can find help, get help and give feedback. For more information visit www.findgetgive.com



FORM ACTIVITIES

Whether it's going for a walk, learning a new skill or doing something creative, taking the first steps to getting support for yourself, or reaching out to someone else; take the opportunity to do one thing this World Mental Health Day.

Please come up with your own top tip for maintaining positive mental health and email them to; StudentWellbeing@horizoncc.co.uk

Other activities that you may like to complete as a form.

- True or false quiz – <https://horizoncco.sharepoint.com/:w:/r/sites/StudentBulletinHub/Shared%20Documents/WMHW%20-%20True%20False%20Quiz.doc?d=w5cf258bf11374e15886901e813d45ae8&csf=1&web=1&e=1u4Hui>
- A-Z of mental health – produce an A to Z list of strategies to support positive mental health and produce a list of types of mental health categories.



Further information can be found on <https://www.mind.org.uk/information-support/a-z-mental-health/>

Talking

being open with people I trust about how I'm feeling.

Exercising

looking after my body, playing sport, eating healthy.

Calming

trying meditation and routine like turning my phone off early.

Learning

a new skill, a great way to gain confidence.

Relating

spending time with the people I care about.

Contributing

helping others or contributing to causes I believe in.

Creating

expressing myself creatively e.g. music, art, drama, writing.

Congratulating

being kind to myself/ listing my strengths

SUPPORTING STRATEGIES

