![Hallam Fields Junior School logo] **Hallam Fields Junior School**

Growing together, Learning together, Achieving together

Better Health every mind matters — **NHS**

Mental Health Support

NHS 'Every Mind Matters'

https://www.nhs.uk/oneyou/every-mind-matters/

Young Minds

https://youngminds.org.uk/

Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. Follow the NHS 'Every Mind Matters' link above for expert advice and practical tips to help you look after your mental health and wellbeing.

Just click on any of the website's five sections shown below for easy to read techniques and support to help you and your children's mental health and wellbeing:

Coronavirus and wellbeing
- Coping with loneliness
- 10 tips to deal with change
- Coping with money worries and job uncertainty
- Mental wellbeing while staying at home
- See all coronavirus articles

3. Stay connected with others
Maintaining healthy relationships with people you trust is important for your mental wellbeing.

Think about ways to stay in touch with friends and family – by phone, messaging, video calls or social media.

4. Talk about your worries
It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.

If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead.

NHS recommended helplines >

Do something now...

Get Your Mind Plan

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Try the quiz >

Complete the short 'Every Mind Matters' quiz and receive instant help!