

What is "Mental Health"?

Mental health is all about our emotions and our ability to be able to cope in a positive way. Everyone has mental health.

How would I know if I'm struggling with my Mental Health?

It's normal to feel lots of different emotions like: happy, sad, angry, worried, excited or stressed. We might be struggling with our Mental Health if...



What does worry feel like inside our bodies?

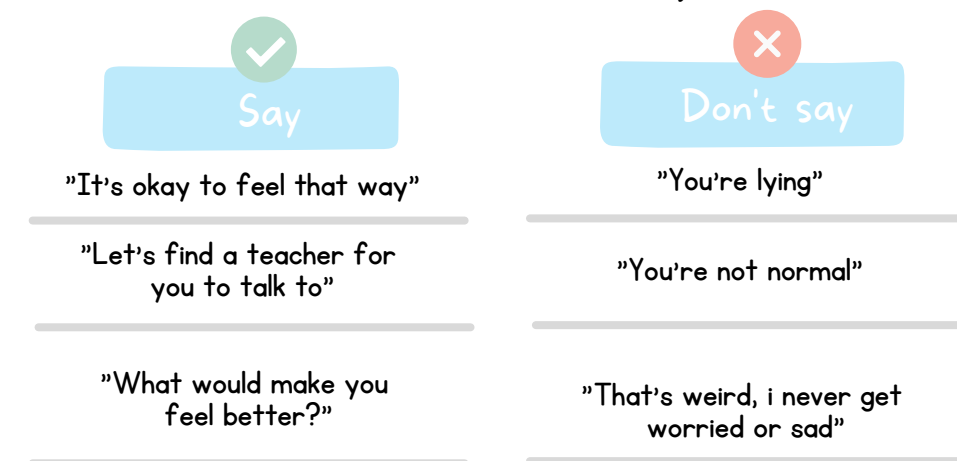


What is "anti-stigma" and "mental health ambassadors"?

Stigma is when people have negative beliefs about mental health, they might say unkind things.

In school we have mental health ambassadors who help raise awareness of mental health.

What should I say to someone who is struggling with their mental health?



Who can we talk to if we are struggling with our mental health?

Your class teacher. Mr Hussain. Mr Brown. Mrs Carr. Mrs Sibley
Parents and carers. Grandparents. Any other family members

Childline - Call 0800 1111

We can also talk to our friends

Where can we go at break times/lunchtimes if we need some support?

The Willow Dome, the Gazebo, the trim trail, the Thrive area.
You could also go to one of the midday supervisors or other adults on the playground.

What do school do to support our mental health?

We have assemblies & workshops delivered by Changing Lives,.
We have mental health ambassadors, THRIVE groups and fun relaxing activities like colouring and painting.

Our school uses SMILERS to support our mental health

- S**tay connected - Having good relationships makes us happy
- M**ove - Being active boosts our mood
- I**nterest - Learning new things keeps our brains busy
- L**ook - Using our senses keeps us calm and in the moment
- E**at well - A balanced diet keeps us healthy and strong
- R**est - Sleep improves our mood and memory
- S**upport - Helping others makes us feel positive



TOP TIPS

1. Talk to someone you trust
2. Write down or draw your worries
3. Try to think of the positives
4. Distract yourself with activities that you enjoy
5. Be brave, and give things a go
6. Be kind to everyone - you never know if they're struggling



Hallam Fields Junior School Mental Health Policy

Created by our school Mental Health Ambassadors
& the Changing Lives Mental Health Support Team

