

**Peer Listeners:**

We are a group of sixth formers trained in listening skills.

You can have a private chat with us at lunchtimes about anything that might be troubling you.

Find us in our purple hoodies!

**School nurse:**

You can book in with our school nurse to discuss any health-related issue.

Ask at SSO

**Groups & workshops:**

**Mind you Head**

Improve feelings of low mood, anxiety & worry, meeting once a week in a small group for 4 weeks.

**Resilience Lab**

How to cope with stress & keep on top of things, meeting once a week in a small group for 4 weeks.

**Wellbeing workshop**

Build your self-care skills and learn some techniques in a single, 1:1 session.

Pick up a form at SSO or email: wellbeing@skdrive.org

**Wellbeing session:**

You can book in for a private wellbeing session with our school counsellor to talk things through and decide which support option might be best for you.

Pick up a form at SSO or email: wellbeing@skdrive.org

Wellbeing support out of school

**Off the Record (North Somerset or Bristol)**

Counselling, groups and support for young people in Bristol & North Somerset.

**Wellspring**

Counselling for young people in North Somerset.

wellspringcounselling.org.uk

**Kooth**

Online mental health support.

kooth.com

**Maybe SouthWest**

Therapeutic art groups for young people.

maybe-southwest.co.uk (search 'young people')



# Student wellbeing & self-care

Self-care is what keeps your mind and emotions in check.

It's what you can do for yourself to improve your mental health and emotional wellbeing.

Be kind to your mind:

**1. Look after yourself**

Download a wellbeing app

Go on youth websites & forums

Improve your self-care through regular healthy activities

**2. Join a wellbeing group**

Learn positive ways to manage & improve your mental health

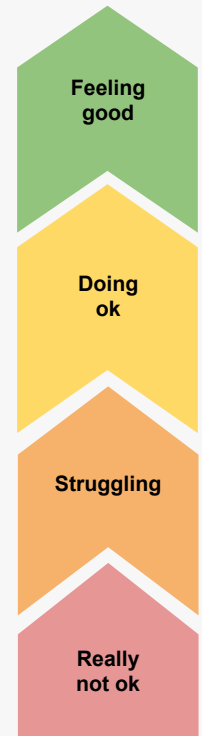
(available in & out of school)

**3. Open up to someone**

Talk to friends and people you trust

Speak to a wellbeing professional

(available in & out of school)



**5 ways to wellbeing**

Just like 'eating 5 a day' is recommended for our physical health, researchers have developed 5 steps that we can all take to improve our wellbeing every single day:

**connect, take notice, be active, give & keep learning.**

# Improve your self-care

These apps and websites are made for you. Making the effort to look at these can make a key difference in how you feel.

## Apps

### SuperBetter

Resilience training with games and quick activities

### TellMi

Discuss any issue affecting your life

### What's Up?

Help with anxiety, self-esteem, anger & more

### Move Mood

Help with low mood and depression

### Cove

Express feelings by making music in a personal journal

### Clear Fear

How to manage anxiety

### Calm Harm

How to resist and manage the urge to self harm

### Smiling Mind

Exercises to de-stress and stay calm

### Stay Alive

Helping you manage suicidal thoughts

## Websites

### YoungMinds

Advice & info about things that matter

### Stem4

Teenage mental health issues, support & resources

### Kooth

Online support through forums and live chats

### Childline

Help, advice & support on all areas of life

### Text: 'SHOUT' to 85258

Free 24/7 mental health text support

### The Mix

Essential info for young people

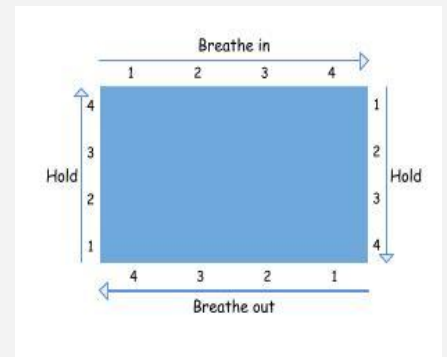
## When you start to feel overwhelmed:

## Quick refocus tips:

These self-care techniques can be used everyday and can help you to refocus and feel calm. You could do these in class and no one would know!

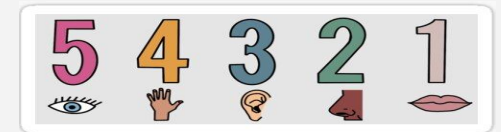
### Square breathing:

Using the whiteboard in your classroom as a visual guide, follow the shape to breathe in, hold, breathe out, hold, etc... breathing slowly and calming your body down.



### 54321 technique:

5 things you can see  
4 things you can touch  
3 things you can hear  
2 things you can smell  
1 deep breath



- Count down from 100 by 7
- 'Draw' an object in your mind
- Name classroom objects you can see
- Name your family members, their ages and one of their favourite things
- Spell your name and the names of 3 people backwards