



Crossley Heath Mental Health and Wellbeing News letter

It is a difficult time for all at the moment and we want to make sure that all our pupils and their families have the support they need to ensure they stay well and get through these uncertain times. To help and support our pupils and their families, we have created a Mental Health and Wellbeing newsletter.

Developing Resilience to living with COVID-19

Resilience is about taking steps to look after your wellbeing which can help you deal with pressure, and reduce the impact that stress has on your life. This is sometimes called developing emotional resilience. Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. Resilience is not a personality trait—it is something that we can all take steps to achieve.



If you feel that your child needs well being support, please do not hesitate to contact your child's Progress Leader.

Every Mind Matters

Taking care of your mind as well as you body is really important during this time. You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. It is important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feeling will pass.

The tips and advice from Every Mind Matters team are things you can do now to help you keep on top of your mental health.

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

Remember Simple steps to follow to help your mental wellbeing

- Talk – make sure you are still talking to friends and family. If you can use video call as seeing people's faces really makes a difference to how we feel.
- Keep busy – Learn something new, draw, colour, bake or cook something new or do some cleaning! There are lots of things you can do to keep yourself occupied.
- Take time for yourself – do something you enjoy like listen to your favourite song
- Exercise – try and get a little exercise each day, it doesn't matter what it is, it could be kicking a football in the garden, walking the dog or doing Joe wicks on You tube. Exercise makes us feel better and it is good for you too!
- Sleep – Getting the right amount of sleep is important, I know it is tempting to stay up much later but this can cause other issues. No one is in the best place when they are tired, make sure you keep a good healthy sleep routine.



A big Well done to these members of staff (20 in total) who completed a Level 2 course Understanding Children's and Young People's Mental Health.

Support

In addition to our webpage <https://www.crossleyheath.org.uk/vision-and-well-being-provision/> these external links offer very useful guidance and support.

- MIND www.mind.org.uk
- Young Minds www.youngminds.org.uk
- NSPCC <https://www.nspcc.org.uk/preventing-abuse/keepingchildren-safe/mental-health-suicidal-thoughts-children/>
- LGBT Foundation <http://lgbt.foundation/>
- Kooth (Free, safe and anonymous online support for young people aged 10-25) www.kooth.com
- Samaritans (24/7 Telephone number 116 123)
- Papyrus (Prevention of young suicide) <https://www.papyrusuk.org/> (HOPEline 0800 068 41 41)
- Childline <https://www.childline.org.uk/> (0800 1111)

Apps to download

- 'Stay Alive' App www.prevent-suicide.org.uk
- Calm Harm App (Self-harm support/distraction app)