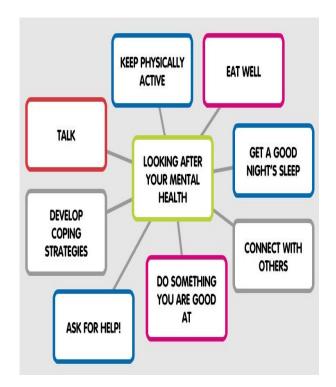
Things I can do to look after my mental wellbeing....

- Exercise releases "feel good" hormones and gives us a chance to burn off any anxiety/stress
- A good night's sleep ensures our brain functions are in good working order to support our emotions
- Taking time out for yourself, do the things you enjoy and be active
- Healthy diet that is packed with nutrients will help with brain functions, development, mood and energy
- Friends: make plans with friends or family to socialize and do the things you enjoy
- Talk to someone about how you are feeling, this can include your GP
- Work with others to develop strategies that best suit you





Westfield School Eckington Road Sheffield S20 1HQ

Phone: 0114 2485221

Westfield School

Your Wellbeing

It's important to us...come and talk

gratitude support relationships

flexibility performance operations in the performance operation of scriping performance operations in the performance operation of scriping waveness of scriping waveness operations of scriping operations operations

Those who can help:...Keyworker, Pastoral Team, Inclusion Manager and SEND

Tel: 0114 2485221

Want more information on mental health......

www.sheffieldmentalhealth.co.uk/information/children-and-young-people/

www.sheffieldchildrens.nhs.uk/ services/camhs/

www.interchangesheffield.org.uk/ useful-website-links/

www.safeguardingsheffieldchildren. org

www.kooth.com

www.youngminds.org.uk

www.childline.org.uk

www.epicfriends.co.uk

www.themix.org

www.sheffieldfutures.org.uk/i-need-help/door43/

It's good to talk

Want to talk to someone and get support......

School:

You are never alone in school, the staff we recommend you seek support from are: Keyworker, Pastoral team, SEND staff and the Inclusion Manager. However if you feel more comfortable with someone else please speak up.

Online:

Kooth offers free, safe and anonymous online support for young people

The Mix offers free, safe and confidential support for people via telephone or email helpline

YoungMinds is a UK charity committed to improving the emotional wellbeing and mental health of children and young people.

Face to Face:

Door 43 is a support service for young people, they have drop in clinics or you can be refer to them for 1:1 sessions

GP is able to refer to additional services that are we not such as CAMHS and Ryegate

MAST is a multi-agency-support-team that can support young people and their families with mental health and wellbeing.

Want to use an APP to help myself feel......

Stop, Breath and Think:



Allows you to check in with emotions and recommend short, guided mediations to respond to how you are feeling



Headspace:

Your guide to health and happiness. Learn to relax with guided meditations and mindfulness

techniques that bring calm, wellness and balance to your life.



Calm harm:

Provides tasks that help you resist or manage the urge to self harm.



Mindshift:

Scientifically proven strategies to help you learn to relax, be mindful and develop more effective ways of thinking.