

World Mental Health Day

10th October, 2020

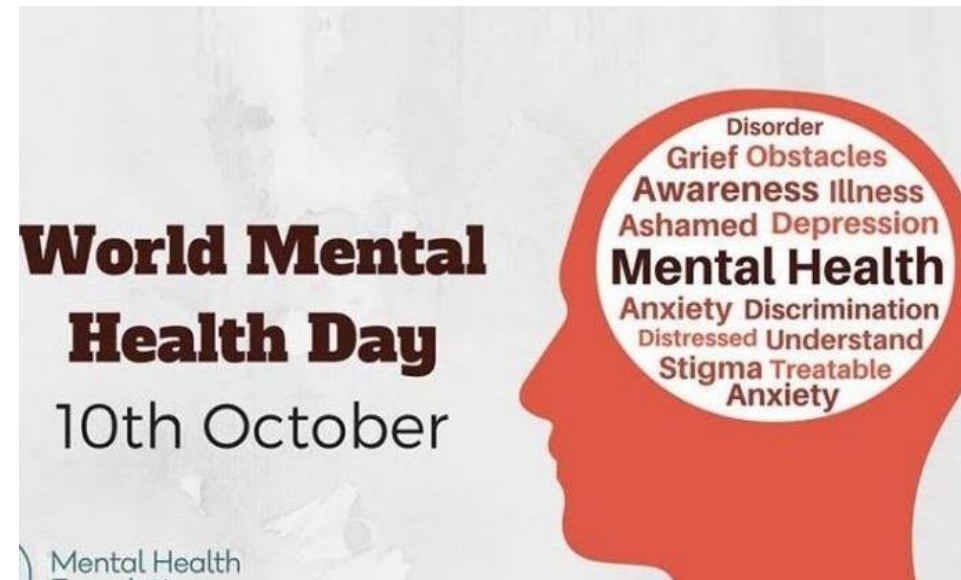


Aspire Commit Succeed



World Mental Health day for Schools Friday 9th October, 2020

At a time when it's needed most, let us come together to support Mental Health on World Mental Health Day.



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Watch the short video clip **Does this look familiar?**

<https://www.youtube.com/watch?v=TOd3UlucQoM>

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Green ribbons



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We've all been going through a difficult time, so wearing green today and tomorrow is a way of people showing solidarity with people who are experiencing emotional difficulties and helping them to know that they're not alone.

Looking after our wellbeing has never been more important and too many people still feel ashamed to open up about how they're feeling.

The more people who show they care, the more comfortable everyone will feel about talking to someone if they're struggling

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Show you care about Mental Health

You will be given a **green** ribbon during Form Time or at lunchtime. Wear it to raise awareness and show that you support positive Mental Health for all.



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Let's all take part in a Green Care Challenge throughout today

- 1. Say something kind to a teacher**
- 2. Smile at a friend**
- 3. Remind someone of a nice thing they did for you once**
- 4. Ask someone if they need help**
- 5. Make someone laugh (but not during a lesson)**

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Let's all take part in a **Green Self Care Challenge**
throughout today

4 steps to looking after yourself



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Green Self Care Challenge

1. Believe in yourself



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Green Self Care Challenge

2. Ask for help if you're struggling



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Green Self Care Challenge

3. Take time out



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Green Self Care Challenge

4. Connect with friends and family



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If you're feeling so down that you can't see a way out, **you are not alone**. Lots of people have felt like this and – **with help** – managed to get through it. However bad you are feeling right now, there is a lot of help out there for you.

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You don't have to cope alone

Help is available.



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Ways to get help

Take the first step and talk to someone you trust, like A member of the ACS Mental Health & Wellbeing Team, a family member, friend, teacher or your GP.

MENTAL HEALTH & WELLBEING

Who do you **TALK** to if you are worried about something or someone?

- An adult you trust
- School Therapists from Brent Centre for Young People (BCYP) (E306 and SA Medical Room)
- Ms Minott-Statham – Mental Health Lead / Adult Mental Health First Aider (JB2)
- Mr Hawes - Mental Health First Aider (MHFA) E301
- Ms Hazley – Wellbeing Lead (E005)
- Ms Hussain – Mental Health First Aider (MHFA) / SENCO (E129)
- Ms Barnett - Emotional Literacy Support Assistant (ELSA) / (MHFA) E127
- Your Pastoral Manager



Ms Minott-Statham
Mental Health Lead /
Adult Mental Health
First Aider (JB2)



Mr Hawes
Mental Health
First Aider (MHFA)
E301



Ms Duchonova
Lead School Therapist
(E306 and SA
Medical Room)



Ms Turner
School Therapist
(E306 and SA
Medical Room)



Ms Norton
School Therapist
(E306 and SA
Medical Room)



Ms Hazley
Wellbeing Lead
(E005)



Ms Hussain
Mental Health First
Aider / SENCO
(Room E129)



Ms Barnett
Emotional Literacy
Support Assistant
(ELSA)/ (MHFA) E127



How to support a friend or relative who is feeling low

Listen without judgement, stay calm and don't over-react.

Be aware it's not your job to take away the pain or make it better. All you can do is be there, even if you don't know what to say.

Encourage them to talk to a trusted adult



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Mrs P. Minott-Statham

Mental Health Lead/Mental Health First Aider

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