FIT
DIET
CARE
ACTIVE
MENTAL
HEALTH
NUTRIENTS
LIVING
LIFE

body: be active
mind: keep learning
spirit: give
people: connect
place: take notice
planet: care
Wheel of
Well-being

GIVE
KEEP
LEARNING
BE ACTIVE
TAKE
NOTICE
CONNECT

WELLBEING

work
therapy
active
healthy
balance
positive
health
exercise
wellness
sleep
inspiration
wellbeing
lifestyle
simple
life
success
mindfulness
harmony
well
think
zen
rejuvenation
giving
live
vitality
happiness
fitness

Feeling good
Doing OK
Struggling
Really not OK

WELLBEING AWARD FOR SCHOOLS

MAIN OBJECTIVES OF THE WELLBEING AWARD

NETWORKS

Have systems and external partnerships in place to support different types of emotional and mental health needs.

PARTICIPATION

Work with the whole school community to support emotional wellbeing and mental health.

POSITIVE CULTURE

Ensure that emotional wellbeing and mental health is regarded as the responsibility of all.

PROFESSIONAL DEVELOPMENT

Commit to high-quality, ongoing professional development on emotional wellbeing and mental health.

STAFF WELLBEING

Actively promote emotional wellbeing and mental health.

VISION AND STRATEGY

Commit to a clear vision and strategy of how the school will promote and protect emotional wellbeing and mental health.

EXTERNAL SUPPORT AGENCIES

Contacts for external support agencies linked to mental health:

Changes – **http://www.changes.org.uk/**

Young Minds – **https://youngminds.org.uk**

CAMHS – **https://www.combined.nhs.uk/**

Dove – **https://www.thedoveservice.org.uk**

Arch – **https://www.archnorthstaffs.org.uk/**

Other contacts for support:

Childline – **https://www.childline.org.uk/**

Samaritans — **https://www.samaritans.org/**

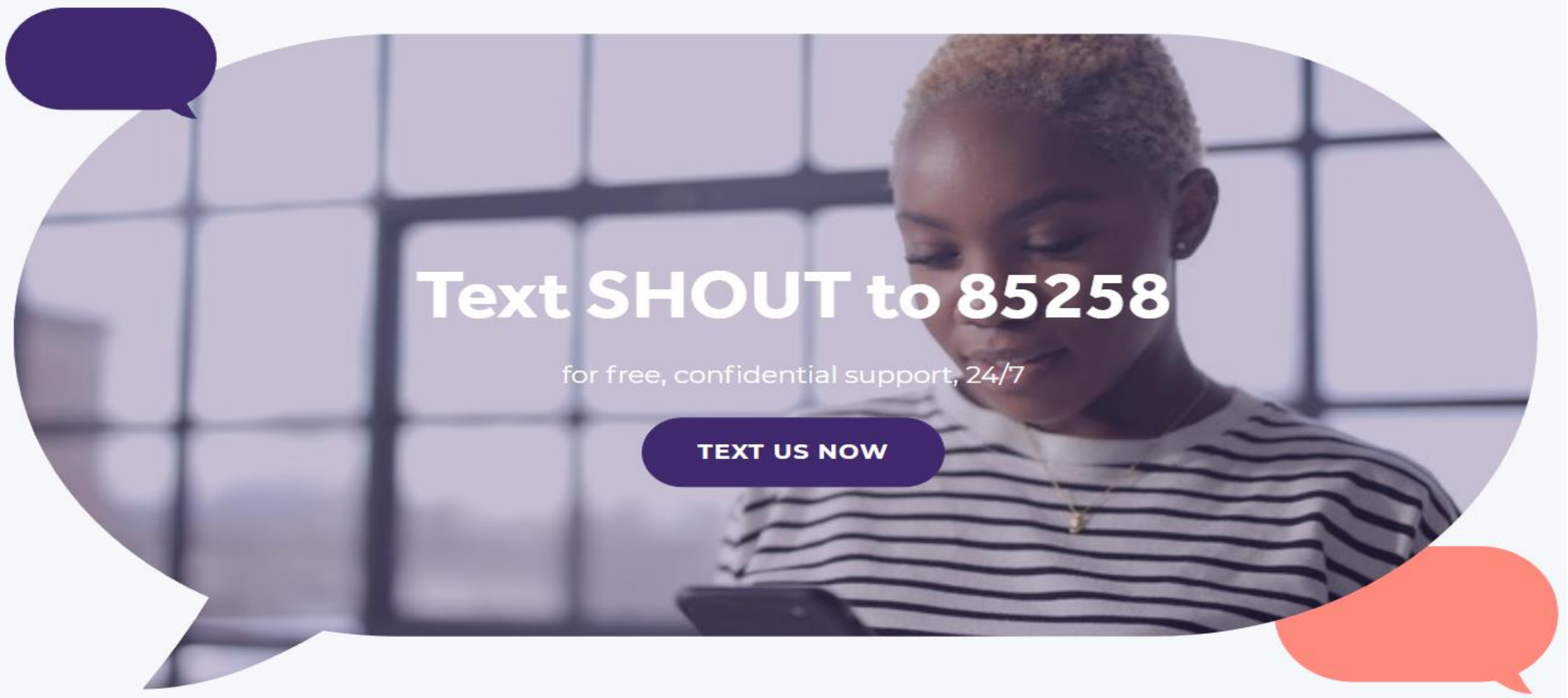
YOUNGMINDS

Worried about how you're feeling?
Visit youngminds.org.uk for information on getting the support you need and practical tips from young people just like you.
YOUNGMiNDS

Struggling with your mental health?
Visit youngminds.org.uk for information on getting the support you need and practical tips from young people just like you.
YOUNGMiNDS

Need advice on your mental health?
Visit youngminds.org.uk for information on getting the support you need and practical tips to help you with your mental health.
YOUNGMiNDS

SHOUT


Text SHOUT to 85258
for free, confidential support, 24/7
TEXT US NOW

SIGNS OF STRESS

STRESS

Possible warning signs include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating or sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretively
- Lateness to or absence from school
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

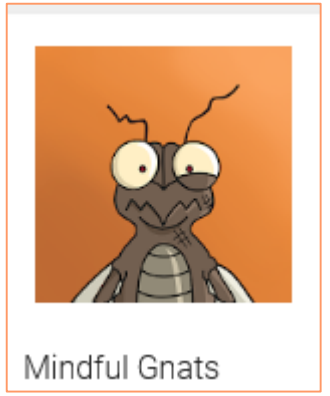
Free mindful apps

Recommended for teenagers, tried and tested by students.

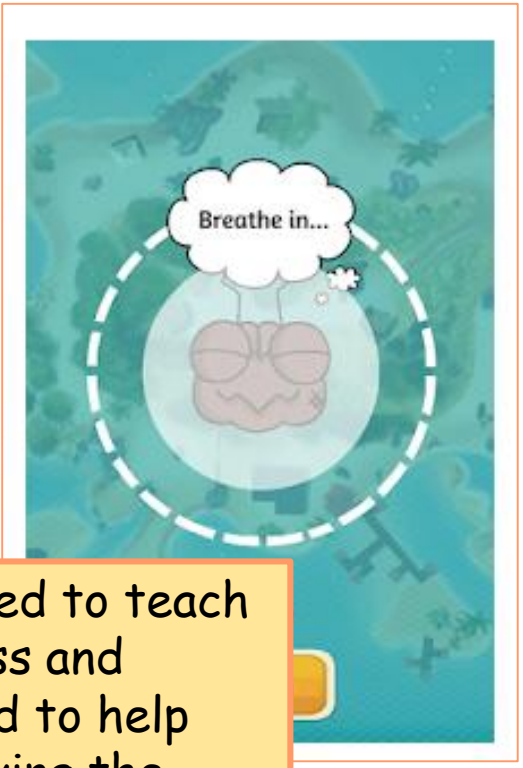
SuperBetter

SuperBetter increases resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.

Playing SuperBetter makes you more capable of getting through any tough situation—and more likely to achieve the goals that matter most to you.



Mindful Gnats



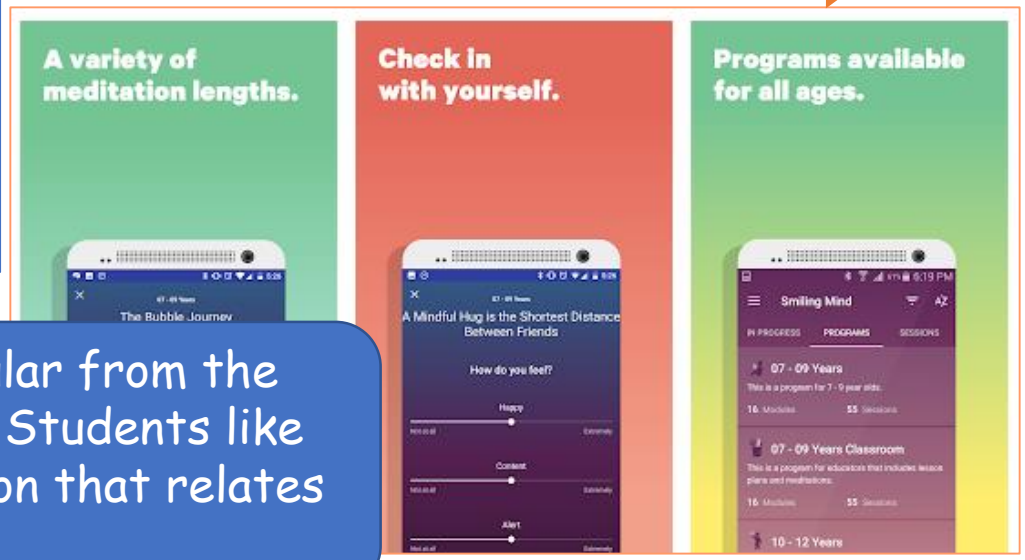
Mindful Gnats is an app designed to teach young people simple mindfulness and relaxation skills. It can be used to help mindfulness practice when playing the Mindful Gnats desktop game (see www.peskygnats.com for details) or as a stand alone aid to mindful practice. These skills can help to reduce stress, and improve awareness of your body, mind and world.

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

- Sleep
- Riding Out Intense Emotions
- Test Anxiety
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic
- Conflict

There are situations you can select focused on anxiety around assessments.



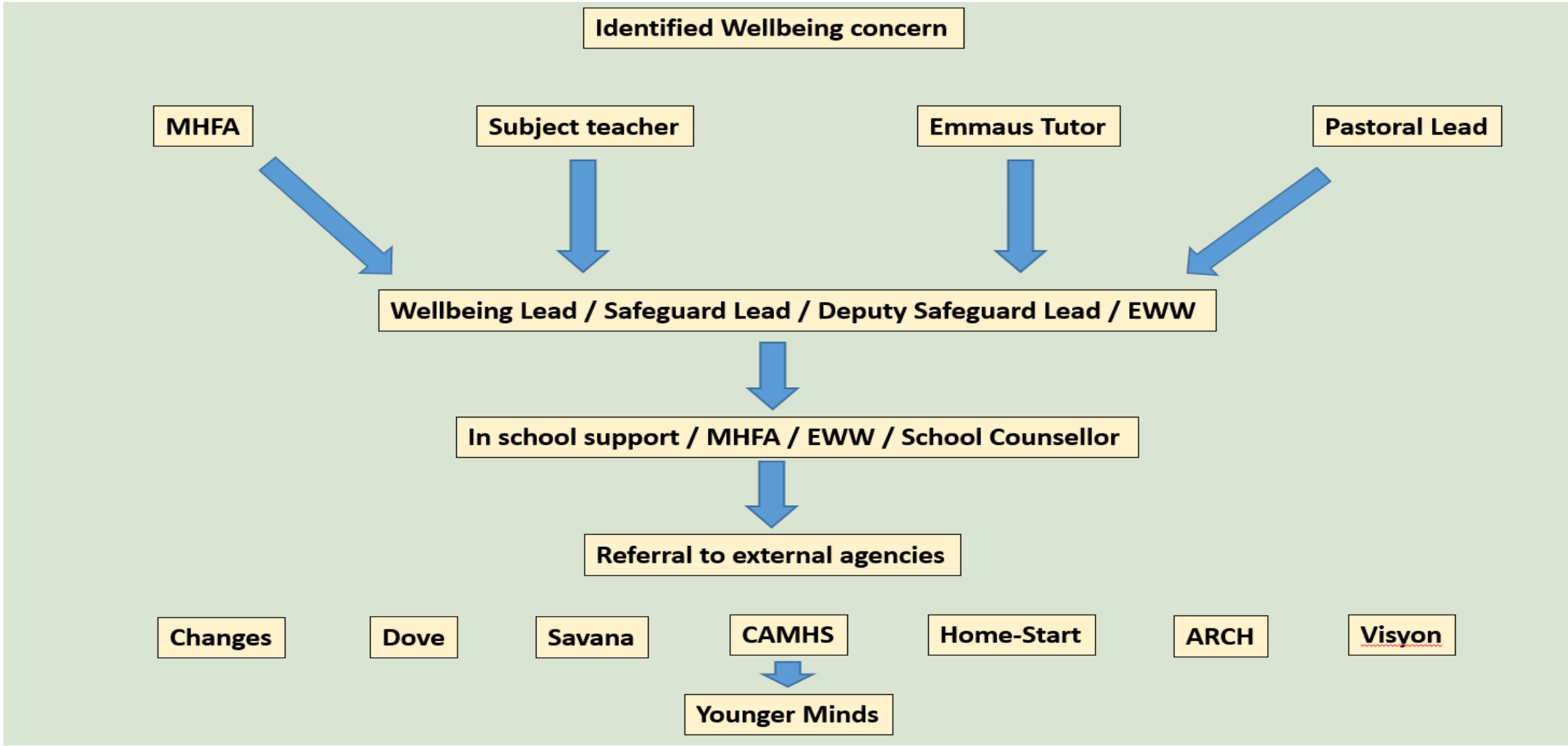
MindShift has been the most popular from the students who have tried the apps. Students like how you can pick a specific situation that relates to how they are feeling.

Smiling Mind

Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind.

PAINSLEY


Identified Wellbeing concern
MHFA
Subject teacher
Emmaus Tutor
Pastoral Lead
Wellbeing Lead / Safeguard Lead / Deputy Safeguard Lead / EWW
In school support / MHFA / EWW / School Counsellor
Referral to external agencies
Changes
Dove
Savana
CAMHS
Home-Start
ARCH
Visyon
Younger Minds

PAINSLEY

REFERRAL TO THE SCHOOL COUNSELLOR?

SPEAK TO YOUR PASTORAL LEAD OR SAFEGUARDING TEAM

PAINSLEY

REFERRAL TO THE SCHOOL NURSE?

SPEAK TO YOUR PASTORAL LEAD OR SAFEGUARDING TEAM