

TOP TIPS FOR HOW TO LOOK AFTER YOUR MENTAL HEALTH

GIVE TO OTHERS



HOW ARE YOU?

CONNECT

BE AWARE



BE ACTIVE



KEEP LEARNING



WHEN TIMES GET TOUGH . . .

TRY WRITING DOWN HOW YOU FEEL



REACH OUT TO OTHERS WHO ARE STRUGGLING

BE KIND TO YOURSELF



SPEAK TO SOMEONE YOU TRUST



ASK FOR HELP

If you continue to struggle, and especially if you have any thoughts about hurting yourself, speak to a member of school staff or ask your parent/carer to book a GP appointment for you. If you don't feel comfortable talking to someone directly, you can call the **Samaritans** on 116 123 or **Childline** on 0800 1111. Remember there shouldn't be any shame in asking for help, in fact it's a sign of courage.