

What's in This month?



World Mental Health Day
10th October 2023
'Mental health is a
universal human right'



How to talk about mental health

When you're speaking to anyone about their mental health, young or old, it's important to be direct and compassionate.

It's often helpful to ask people whether they want to talk about their mental health and, if so, take the lead from them in how they would like to discuss their feelings and experiences. They are the experts in their lives. It's also important not to let fear about saying the wrong thing stop you from having conversations about mental health or asking someone how they are. Avoiding the subject can make people feel silenced or stigmatised, even if that's not what you intended.



1. Find a good space to talk without distractions
2. Listen and ask questions
3. Ask how you can help

If you or someone you know is struggling with their mental health, you are not alone, click the button below to find out where you can go to get help.





Try this activity with your child or young person when they are feeling overwhelmed - Taken from The Red Cross, Wellbeing activities

It is important to remember that you cannot solve everything. You can always do something to feel better and to help others feel better. Think about all the things you can do. Create a poster with the words "I can" in the middle. Around the outside, write down all the things you can do to help yourself and others. Think about the actions you can do, like listening to a friend who is sad, doing a breathing exercise or team sports to feel calmer. Start to think about the people who can help you too. How can you ask for help? Think about key actions you can do to start to improve the problem today. How can focusing on what you can do to help yourself, help your wellbeing? What will you do differently in the future now?

<https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>



The green ribbon is the international symbol of mental health awareness.

Wear a green ribbon to show colleagues, loved ones or simply those you walk past that you care about their mental health. It can also be worn in memory of a loved one.

Podcast

CLICK HERE 



Mental Health Foundation



We all have mental health, and we can all experience mental health problems. So on this podcast we explore the topics that can affect how we think and feel.

<https://www.mentalhealth.org.uk/explore-mental-health/podcasts>

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**If you enjoy the newsletter and would like any further information, please do contact the Senior Mental Health Lead, Miss Cole for further support.
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