



Vyners School

Striving for  
Excellence

## **Mental Health**

We believe that educating young people about their mental health is important and aim to help them consider ways to continually work on maintaining good mental health, rather than only focusing on when they are struggling or having a negative experience with their own or others mental health.



## Mental Health

In addition to regular tutorial and PSHE sessions we celebrate Mental Health Awareness Days, including:

- World Mental Health Day (October)
- #HelloYellow - youngminds (October)
- Children's Mental Health Week (February)
- Mental Health Awareness Week (May)





## Mental Health

Some of the tips students are given:

- Have good sleep routines
- Exercise - find something you enjoy
- Eat well - balanced diet
- Stay connected - with friends and family, in person as well as online
- Find ways to relax - hobbies (music, art, nature, games)
- Talk - express your concerns and talk them through with someone



## Recognising thoughts and feelings

- Negative emotions
- Feeling worried, stressed, nervous or anxious
- Feeling upset or sad
- Short term low mood, lack of motivation or energy



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## Mental Health Conditions

- Longer term
- Interrupt the daily routines of life on a regular basis
- Cause the inability to complete tasks
- Diagnosed by a medical professional



## Mental Health

### Internal Support:

- Pastoral team (tutors, Year Leader, student services)
- MHFA trained staff
- Coaching
- Counselling
- Wellbeing google classroom



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**If you are worried about your child's mental health please contact their tutor or Year Leader who can support or direct you to the right person to help!**



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## Mental Health

Signposting:



**How to sign up to Kooth.**

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counselors who are available from:  
**12 noon-10pm** Monday- Friday  
**6pm-10pm** Saturday and Sunday

Log on through **mobile, laptop, and tablet.**

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise view.

To talk to a counsellor click on **"Chat now button"**

To write a message to the team, click on **"message the team"**

[www.kooth.com](http://www.kooth.com)

- 1 Click on the **"Join Kooth"** button located in the centre of the home page of the kooth website
- 2 Choose from the drop down box the **location** you are in
- 3 Click on the **gender** you identify with
- 4 Choose from the drop down box the **ethnicity** that best fits you
- 5 Add your **age** and the **month you were born**
- 6 Click **"continue"**
- 7 Create an **anonymous username** (not your real name) and **secure password**
- 8 Choose from the drop down box to explain where you found out about **Kooth**
- 9 Click on the **"create account"** button to complete your registration

Text **YM to 05258** for free mental health crisis support, any time of the day.

