

How we can help in school

Our school wellbeing ambassador is Mrs Cloud.



It's Good

to Talk!

- MHAs can help any student needing to speak with an adult. ***Just ask for help***
- You can talk to your MHAs about ways that you think the school could become more mentally healthy. Or put suggestions in our MHA boxes around the school.
- The MHA team is working on ways to send messages out to everyone about emotional wellbeing through our Website - ***Keep a look out***
- The MHAs will be running regular events through the year to help us all think more about our mental health, and how we learn to keep ourselves balanced.

Here are some useful websites

www.youngminds.org.uk

www.normalmagic.co.uk

www.happymaps.co.uk

www.annafreud.org/schools-and-colleges/sources/selfcaresummer-primary-pack

www.childline.org.uk

Child Line offer a 24-hour counselling service for children and young people. **Telephone: 0800 1111.**

www.kooth.com

Kooth is an online counselling service for anyone aged 10-25 in Devon. You can access a chat/messenger service, discussion boards, goal setting tools, a journal and a magazine containing a number of articles and some specifically about coronavirus and the impact on children and young people. The website is moderated by trained professionals. You need to register but it is anonymous.



**St. Andrew's C of E Primary
Academy Mental Health
Ambassador Programme**



MHAs ensure that every young person is treated with equal respect.

How we can help in school?

- MHAs will be delivering assemblies on how we can look after our mental health.
- You can approach a **MHA** with their badge on and they will take you to an adult who can help you.
- The MHAs are in charge of a noticeboard in the school, that will be giving everyone information about how they can look after their mental health.

Here are some ways you can help yourself

Ask someone for help

*Eat
Something
healthy*

*Get
active*

*Connect with
family & friends*

What is Mental Health?

Mental health is the way *children* think and feel about themselves and the world around them. It affects how *children* cope with life's challenges and stresses.

Mental health is like physical health, you can have up and down days and you need time to recover from bad mental health days just as much as you would from days where you aren't physically feeling your best.

As **Mental Health Ambassadors** we will send out the message that your mental health fluctuates and that it can and will get better. But sometimes we need to take the time to balance our mental health

At the Devon School we have student
Mental Health Ambassadors.

These students are here to talk about your mental health. They along with the Mental Health Adult Ambassadors have begun the task, along with you all, of making St. Andrew's Primary Academy, *a Mentally Healthy School.*

You can spot the ambassadors as they will be wearing a yellow Wellbeing Champion badge.

The MHAs have been looking at our school environment and will be putting up noticeboards and signposts to encourage you all to think about your mental health and what you can do if you need some help.