

## WHERE TO GET SUPPORT

The Mix - [www.themix.org.uk](http://www.themix.org.uk)

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing. Essential support for under 25s

NHS - [www.nhs.uk/conditions/stress-anxiety-depression/](http://www.nhs.uk/conditions/stress-anxiety-depression/)

If you're feeling stressed, anxious or depressed, or just want to feel happier, we're here to help.

### In School -

If you would like to speak to someone in school please have a chat with your form tutor. They can set up a compass buzz session for you



**'HEALTH IS NOT JUST ABOUT WHAT YOU EAT. IT'S ABOUT WHAT YOU ARE THINKING AND FEELING TOO'**

## WHERE TO GET SUPPORT

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

A safe and confidential space to share experiences and gain support from a community and qualified professionals.

Child line - 0800 1111 or [www.childline.org.uk](http://www.childline.org.uk)

Help, support and advice on the phone or via the internet. a free, private and confidential service. You can talk to them about anything. No problem is too big or too small

Young minds - [www.youngminds.org.uk/find-help/](http://www.youngminds.org.uk/find-help/)

Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, our guides can help.

NHS 'the go to' - [www.thegoto.org.uk/](http://www.thegoto.org.uk/)  
The home of wellbeing and mental health for young people in North Yorkshire. We're here to help you find the right help and support for you, to help you stay well, whatever is going on in your life.

Compass BUZZ - 07520 631168  
A confidential text messaging service for young people aged 11-18 across North Yorkshire

Young people can text BUZZ US about any mental health or wellbeing concerns such as low mood, stress, eating problem, self harm, anxiety or self esteem.

# STUDENT MENTAL HEALTH SUPPORT

Bedale High School





## OUR MISSION

At Bedale High School, we want to improve mental health education, awareness and advocacy against social stigma. We want our students to feel confident talking about their mental wellbeing and mental health.

### Prioritising mental health has never been more important than it is now

In a survey of 16,000 people, mind found that more than half of adults (60%) and over two thirds of young people (68%) said their mental health got worse during lockdown. Many have developed new mental health problems as a result of the pandemic and, for some, existing mental health problems have gotten worse (Mind.org.uk 2020)

## 5 STEPS TO MENTAL WELLBEING

[www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)

### .1. Connect with other people

Good relationships are important for your mental wellbeing.

### 2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing

### 3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing

### 4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing

### 5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you



## ABOUT US

### OUR TEAM

Mrs Knight - Assistant  
Headteacher



Mrs Gray - Compass buzz  
trained



Miss Temple - Compass  
buzz trained



Miss Bradbury - Mental  
health first aider and  
compass buzz trained



Mr Childe - Wellbeing  
lead

