

The current situation and past few months, has most likely impacted on all of us in some way or another and we feel now more than ever, looking after our mental health and wellbeing is vital.

During any situation we may find difficult, it helps if we can focus on things that make us feel happy and safe. It also helps if we can reflect and recognise the moments we have adapted and coped with situations. Everybody is coping with life in their own way and sometimes we don't always realise this. The Whole School (WSA) Approach Team at Hull & East Yorkshire Mind would therefore like to make the focus of this Newsletter edition about recognising all the positive things you have achieved these last few months and ideas on how you can continue to look after your emotional wellbeing.

1-1 Emotional Support

The (WSA) Team want to take this opportunity to remind you all we are still here to support you.

If you would like to book a wellbeing slot to speak to one of the WSA Practitioners about **ANY** worries or concerns you may have, please send an email to:

wholeschoolapproach@heymin.org.uk

Ideas for Positive Wellbeing

Warm Fuzzy Jar

Find an empty jar & decorate if you like. Write down all the good things about yourself, include any compliments anybody has given you – don't be afraid to boast about how amazing you are!

Then write down all the positive things you have achieved these last few months, it can be ANYTHING!. Its not always about achieving what some might think to be 'big things' like getting good grades at school, it might be something we expect to do everyday such as:

"I didn't want to get out of bed this morning, but I did anyway!"

You can call these positive things 'warm fuzzy's'. Put them all in the jar and when you are feeling in need of boosting your wellbeing, pull out a 'warm fuzzy' and read to yourself 😊

My Wellbeing Box

Find an empty box and decorate if you like.

Fill with things that make you feel safe and happy. Try to include things to stimulate all of your senses such as things to smell, hear as well as see and touch. Be as creative as you like.

Some examples may include:

- Books
- Pictures
- Things that smell nice
- Drawings
- Positive messages
- Relaxing activity ideas
- Anything that makes you feel happy!

When you are feeling in need of boosting your wellbeing, open your box and pick an item. Allow yourself the time to enjoy what you have picked



Support for Young People

It's OK to not be OK - asking for help is an act of
Bravery!

HEY Mind

Are you, or someone close to you struggling with, or need mental health support? Hull & East Yorkshire (HEY) Mind have an information service open 24 hours per day, 7 days per week. ANYBODY can contact ☺

Email: info@hey mind.org.uk

Call Freephone: 0800 1380990

Text: 07520 633447

Website: <https://www.hey mind.org.uk>

Online Resources

Mind.org.uk has a raft of information & advice online including an A-Z of mental health.

Elefriends.org.uk is a supportive online community where you can be yourself.

Youngminds.org.uk offer advice on how to support and look after yourself

Having thoughts of self-harm or suicide?

In a crisis?

CAMHS Crisis Team run a 24 hour service

Call: **01482 301701** & press option 2

If you feel in immediate danger, call **999**

In a crisis?

Anxious? Worried? Stressed?

SHOUT offer free 24/7 text service

Text: **Shout to 85258** or visit

Giveusashout.org

In a crisis?

YoungMinds Crisis Messenger offer 24/7 support via text

Text: **YM to 85258**

Mental Health & Wellbeing Support Services

Local

Mental Health Services

To make a referral to **CAMHS** call Contact Point

Hull: **01482 303688**

East Riding: **01482 303810**

APP

Think Ninja App
Self-help knowledge & skills for young people experiencing anxiety & stress during the Corona crisis

Online

KOOTH

Online mental wellbeing community
Free, safe & anonymous support

Website:

<https://www.kooth.com>