



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

**Lots of videos to help you or help you help a friend:**

<https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1>

**20 Podcasts for Teens That'll Keep Them Glued to Their Headphones:**

<https://www.goodhousekeeping.com/life/parenting/g32157389/best-podcasts-for-teens/>

**A selection of recipes that will help you gain the basic skills you need to cook confidently on your own:**

<https://www.bbcgoodfood.com/howto/guide/recipes-teenagers>

The Army have produced some really useful resources to help with the following topics:

## MANAGING CHANGE

You will learn to:

- How to reframe thoughts
- Mindfulness
- How to focus on their strengths
- How to ask for support

## HEALTHY MINDS

In this lesson you will:

- Explore the connection between our bodies and our minds
- Analyse how food choices, physical activity and sleep can all impact on our mental wellbeing
- Evaluate different strategies for making positive changes around food choices, physical activity and sleep

## COPING WITH STRESS

In this session you will learn how to spot the common signs of stress. Find out what is happening in your brain during times of stress and then explore coping mechanisms to help you manage times of stress.

## SUPPORT NETWORKS

In this lesson you will:

- Learn why support networks are important
- Be able to explain the different types of support
- Be able to analyse some of the barriers to seeking support and how to overcome these barriers



- Remember always seek support if you need it or are worried about a friend.

This could be a trusted adult at home or within the school (you can still contact us).

- In addition, you can use the following:

Your GP

Local youth services

Anna Freud - <https://www.annafreud.org/on-my-mind/>

The Rise Above website - <https://riseabove.org.uk/>

The Children's Society website -

<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people>

NHS - [www.nhs.uk/live-well](http://www.nhs.uk/live-well)

The Mix website - <https://www.themix.org.uk/>

Clear Fear App - [www.clearfear.co.uk](http://www.clearfear.co.uk)

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