

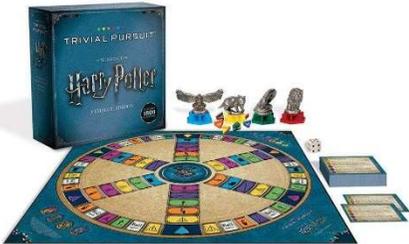
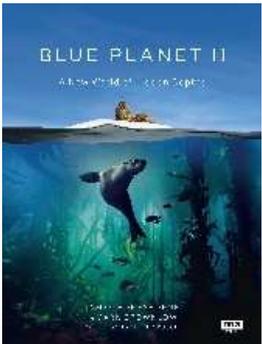
Student Wellbeing Card



Urgency	Advice for young people
<p>Green I'm doing okay but some extra support would be great</p>	<ul style="list-style-type: none"> • https://www.elfriends.org.uk/ - a free, supportive online chat community, where you can listen, share and be heard (supported by Mind). • ChatHealth – 07480 635060 - a confidential text message advice service for young people in Norfolk aged 11-19. Monday-Friday 5pm-9pm. • Seek counselling from Kooth for online support - https://www.kooth.com/ - Weekdays 12pm – 10pm and Weekends 6pm – 10pm). • Download the SAM app (Self-Help Anxiety Management) – this is a tool to help you understand and manage your anxiety. 
<p>Amber things are a bit tough; I need someone to talk to</p>	<ul style="list-style-type: none"> • Call ChildLine – a counselling service - on 0800 1111 (free) or use their online chat service - https://www.childline.org.uk/ to get help and advice about a wide range of issues. Available all day every day. • Use the free app Calm Harm to help manage the urge to self-harm.  • Call Papyrus HopelineUK – 0800 068 4141 (free) – to talk to a trained advisor about suicidal thoughts. Weekdays 9am-10pm and weekends 2pm-10pm. • Call The Mix Helpline – 0808 808 4994 (free) – or use their online webchat – https://www.themix.org.uk/get-support to talk to a trained volunteer. Everyday 4pm-11pm.
<p>Red I am in crisis and need urgent help</p>	<ul style="list-style-type: none"> • Call 999 or go to my nearest A&E if I feel at immediate risk to myself or others. The emergency services will still attend even if it is not a physical health issue. I can do this at any time, any day. • If you are experiencing a mental health crisis, you can message (for free) a trained volunteer. Text 'YM' to 85258, the YoungMinds Crisis Messenger support service. Available all day every day. • The Samaritans are a registered charity aimed at providing emotional support to anyone in emotional distress, who is struggling to cope. Call 116 123 for free. Available all day every day.

WELLBEING STRATEGIES



Steps to Wellbeing	Actions
<p>Connect with other people</p> <p>Good relationships are important for your mental wellbeing. They can help you to build a sense of belonging and self-worth, give you an opportunity to share positive experience and provide emotional support and allow you to support others.</p> 	<p>Take time each day to connect with your family, tell them about your day.</p> <p>Safely, make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially at the moment.</p> <p>Play games or watch a film (age appropriate!) with your siblings.</p> 
<p>Learn new skills and knowledge</p> <p>Research shows that learning new skills can also improve your mental wellbeing by boosting self-confidence and raising self-esteem, helping you to build a sense of purpose helping you to connect with others.</p>  	<p>Try learning to cook something new.</p> <p>Try new hobbies that challenge you, such as writing a blog, learning to paint, juggle, sew or knit!</p> <p>Keep up to date with your learning (Go4Schools).</p> <p>Go onto websites such as BBC bitesize to find out more about your favourite subjects.</p> <p>Create power points about a topic you are interested in.</p> <p>Listen to podcasts! Bitesize and Horrible Histories do some great ones.</p> <p>Watch documentaries, Blue Planet is a great documentary about the sea and climate change.</p> <p>Read some books you have always planned to read.</p> 

WELLBEING STRATEGIES



Steps to Wellbeing	Actions
<p>Being Physically Active</p>  <p>Being active is not only great for your physical health and fitness. Evidence also shows it can improve your mental wellbeing.</p>	<p>Play in your garden.</p> <p>Use an online fitness app or video.</p> <p>Put your favourite music on and dance!</p> 
<p>Give to others</p>  <p>Research suggests that acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth, helping you connect with other people.</p>	<p>Saying thank you to someone for something they have done for you.</p> <p>Be kind to your siblings and family and ask them if they need any help.</p>  <p>Be aware of others in need and how you might be able to help and support them.</p>
<p>Paying attention and reflecting on how you feel</p> <p>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.</p> 	<p>Listen to music that elevates your mood.</p> <p>Watch a funny TV programme that cheers you up.</p> <p>Make sure you get enough sleep.</p> <p>Eat healthily.</p> <p>Write a diary or journal.</p> <p>Use mindfulness apps to help you relax and become more mindful.</p> 