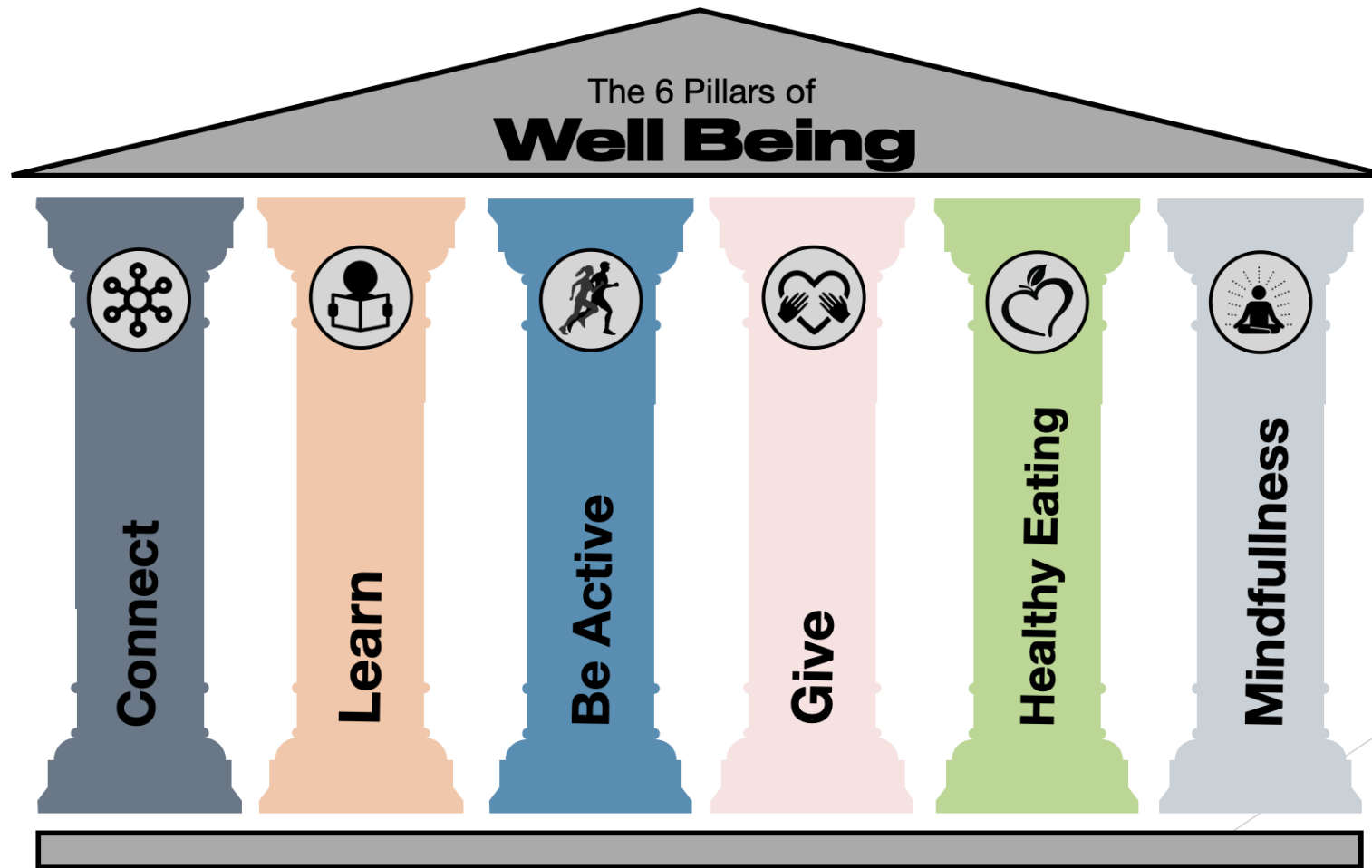
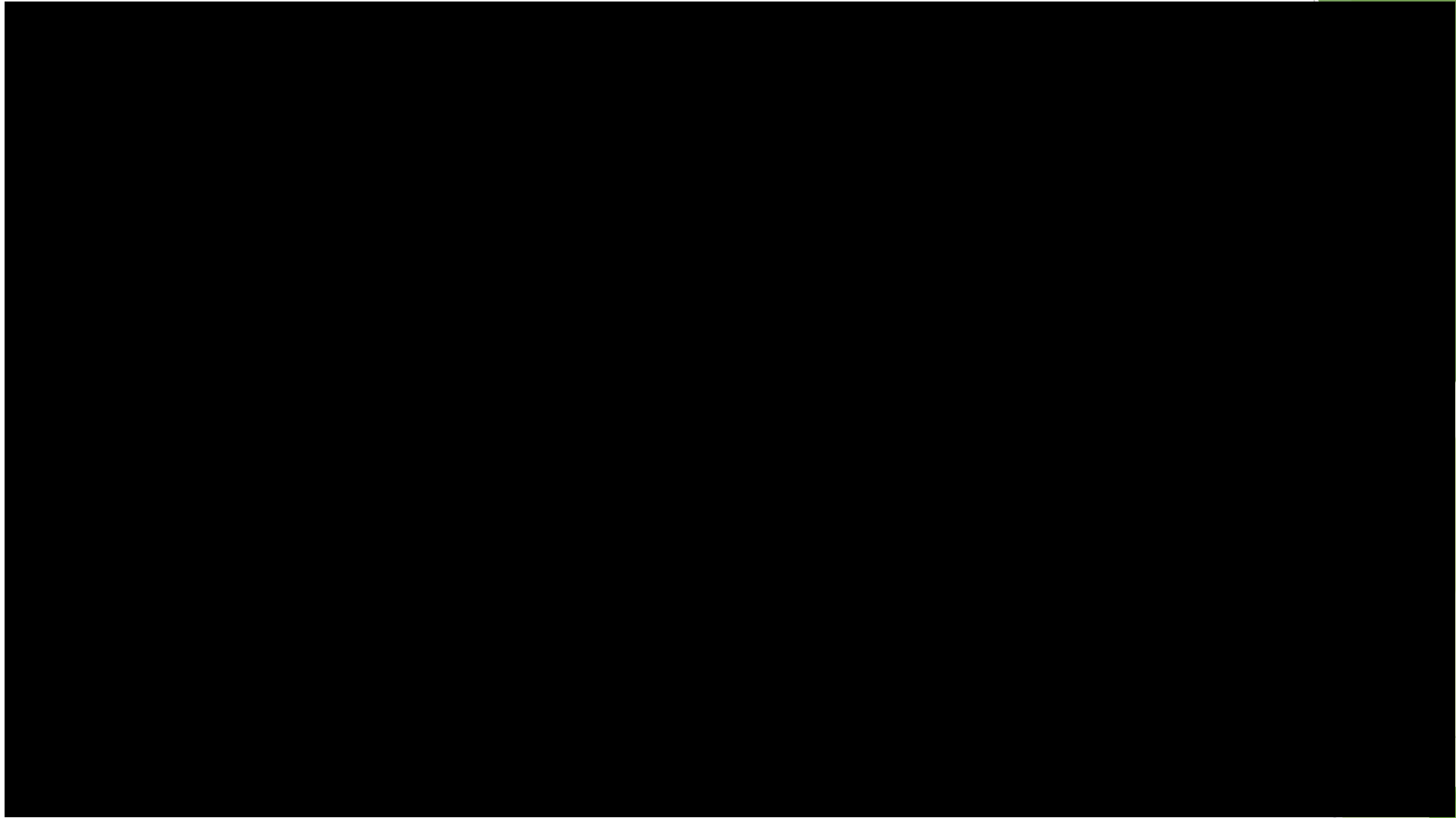


Wellbeing and Mental Health



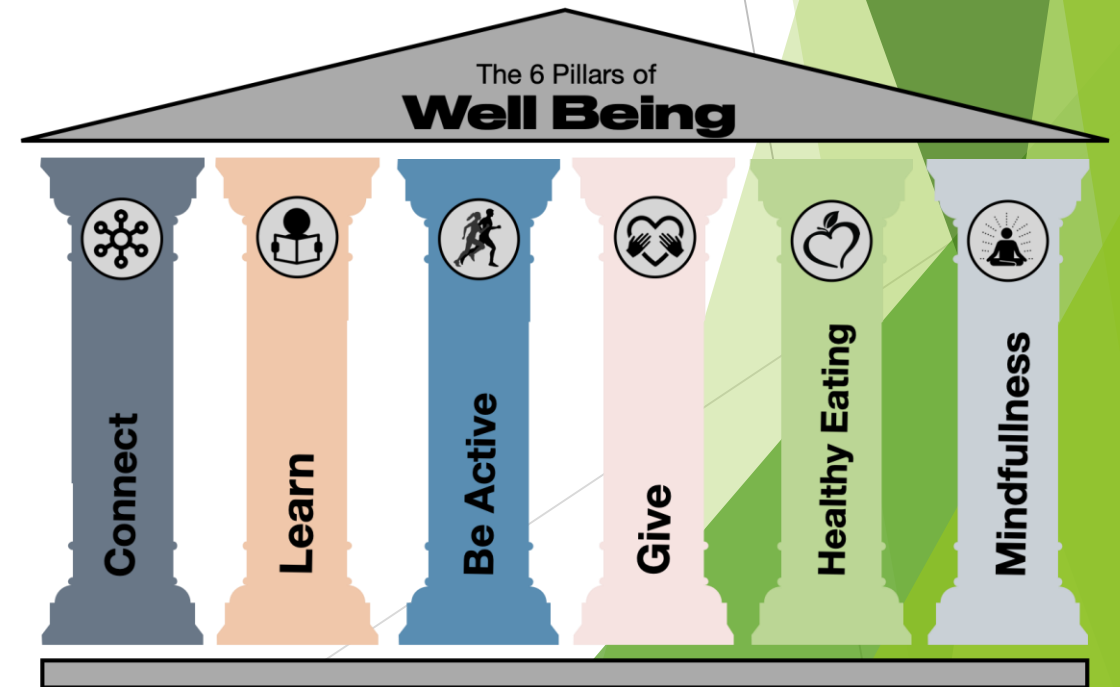


<https://www.youtube.com/watch?v=4JATZO9rFP8&feature=youtu.be>

Wellbeing and Mental Health

Wellbeing is about being comfortable, healthy and happy

- > This includes:
 - Physical health
 - Mental health
 - Emotional wellbeing



Mental health

A mental health problem is a diagnosable condition which may effect mood, thinking or behaviour and impacts your day to day life.

Examples:

- Depression
- Anxiety disorders
- Eating disorders

Mental health v Mental health problem



**YOU DON'T HAVE TO HAVE A MENTAL HEALTH PROBLEM
TO BE HAVING A PROBLEM WITH YOUR MENTAL HEALTH**

Help available in school

- ▶ Friends
- ▶ Student Leaders and peer mentors
- ▶ Teachers
- ▶ Form tutors
- ▶ Heads of Year
- ▶ Support staff - 2.08

tps.wellbeing@taw.org.uk

*Post box outside Mr Iqbal office

*Wellbeing form on website

Other places to find help

BEAM

Emotional wellbeing support for young people



www.childrenssociety.org.uk/beam/Shrops_hire

KOOTH

Free, safe and anonymous online support



www.kooth.com

Other places to find help

CHILDLINE
Online & phone



www.childline.org.uk

SAMARITANS
Online & phone



www.Samaritans.org

BEAT
Online & phone support for
eating disorders
0808 801 0711



www.beateatingdisorders.org.uk

MERMAIDS
Online & phone support
for gender diverse youth
and their families
0808 801 0400



www.mermaidsuk.org.uk

STONEWALL
Online & phone support
for LGBTQ+ youth
0800 0502020



www.youngstonewall.org.uk