





COVID - 19



Changes



**Impacts on how
we think, feel
and behave.**



Mental Health and Well-Being





<https://www.youtube.com/watch?v=CtiO3aF79cU&feature=youtu.be>

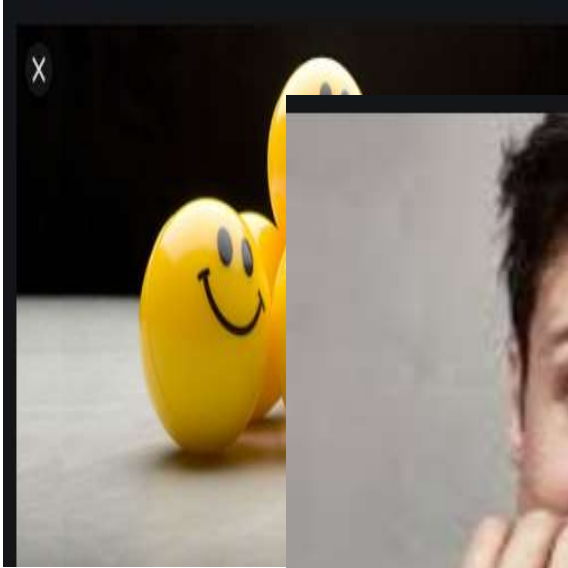
- Inside Out Video clip

Definition of Mental Health


- Mental Health is a person's condition with regards to their psychological and emotional well being
 - It is all about how we think, feel and behave
 - This can be positive and sometimes it can be negative
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**Vast range of thoughts,
feelings and emotions**







As a school have worked tirelessly over the whole summer to develop a school environment that is as COVID 19 secure as we can make it

But we need your help to uphold your physical health and well being





We have a school central well being strategy

Academic support

Emotional Support

Social support

Safeguarding support

Mental Health and well-being support

School Support

- Pastoral teams – Tutors / Ass Head of learning / Head of Learning
 - Mental Health Team
 - Child Protection Team
 - PHSE teachers
 - Eikon
 - School nurse – Vicky Allen
 - Your teachers
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External support services available for students

- **Child Bereavement UK - 01494 568900**
www.childbereavement.org.uk
- **Jigsaw - info@jigsawsoutheast.org.uk**
www.jigsawsoutheast.org.uk Helpline: 01342 313895
- **ChildLine 0800 1111 www.childline.org.uk**
- **Cruse Bereavement Care www.cruse.org.uk**
- **Samaritans 116 123 jo@samaritans.org**
- **Young Minds - 0808 8025544 www.youngminds.org.uk**

Need Support?

- **Struggling with being back to school?**
Please speak to your Tutor, any Head of Learning or Mr Manley
- **Struggling with your Mental Health?**
Please speak to Miss Williams

- **Have a safeguarding concern?**

Please speak to any member of the school CP team
(Mr Baker, Mr Manley, Miss Williams, Miss E Lawrence, Mr Wright,
Mr Czaplicki, Mrs Sherman, Miss Rabone, Mrs Smith, Mrs Mutto)

- **Would prefer to speak to someone outside of school?**

See below



on school site – please drop in and make an appointment



samaritans.org

☎ 116 123



www.childline.org.uk

☎ 0800 1111



(mental well-being, online platform):

www.kooth.com

Don't be afraid to talk

It's ok to ask for help



www.childbereavementuk.org

☎ 0800 02 888 40



NHS Mind Matters Surrey
(mental health):
www.mindmattersnhs.co.uk

☎ 0300 3305450



www.jigsawsoutheast.org.uk



wellbeing@fullbrook.surrey.sch.uk

Promoting positive mental health

<https://youtu.be/lv9XeApSYNY>

- Supportive relationships
 - Healthy coping strategies – diet / exercise / sleep
 - Optimism
 - Express your feelings in constructive ways
 - Practice kindness and empathy
 - Practice skills for living to build confidence
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