

Mental Health and Wellbeing Continuum

Wellbeing is the state of being comfortable, healthy or happy. Pupil wellbeing is fundamental to successful pupil learning and development.

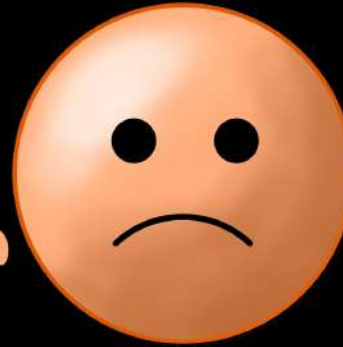
Healthy



Reacting



Injured



Illness



What to do to help?

- Maintain healthy lifestyle
- Healthy food
- Exercise
- Social time
- Sleep
- Work life balance
- Manage online time

What to do to help?

- Recognise limits
- Rest
- Eat healthily
- Engage in healthy coping strategies, e.g. yoga, exercise, reading, walking, breathing exercises, drawing, colouring, gardening
- Manage online time

What to do to help?

- Identify and understand own signs of distress
- Get help
- Keep socialising
- Make self-care a priority
- Reduce online time

What to do to help?

- Talk to a trusted adult
- Seek consultation with a professional
- Regain physical and mental health
- Reduce or cease online time

Who do I talk to?

Friends
Family
Tutor
TA's
Teachers



Counsellor
School nurse
TaMHS
Kooth online



Counsellor
School nurse
TaMHS
CAMHS
Doctor



Doctor
School nurse
CAHMS
Psychologist
Psychiatrist

Remember to ask for help and support when you need it.