

5 WAYS TO WELLBEING

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

Trying these things could help you feel more positive and able to get the most out of life.

- **Learn new skills**
- **Connect with other people**
- **Pay attention to the present**
- **Give to others**
- **Be physically active**



✦ ✦ ✦
If you would like to talk to someone remember you can talk to any member of staff – tutor, teachers, anyone who works at the school or the safeguarding team.



COWES cares

Mental Health Support



Free online support for young people
www.kooth.com

Online community information, help and support for anyone affected by eating disorders



www.b-eat.co.uk

Refuge supports anyone experiencing domestic violence
nationaldahelpline.org.uk

The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people



www.youngminds.org.uk

This helpline offers support, information and guidance to all those caring for a bereaved child or young person

www.winstonswish.org

Are you feeling anxious, stressed, overwhelmed or in need of support?

Text SHOUT 85258



The UK's free helpline for children and young people, providing a confidential counselling service for any child or young person with a problem

www.childline.org.uk

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse

www.talktofrank.com



For help around sex, the internet, relationships and online bullying.

thinkuknow.co.uk

#1 free app for sleep, anxiety and stress. The best meditation app with the world's largest FREE library of more than 200k guided meditations

insighttimer.com



The mental health charity. Here to make sure no one has to face a mental health problem alone.

www.mind.org.uk

Volunteers who listen in confidence to anyone in any type of emotional distress without judgement or telling people what to do



www.samaritans.org