

Welcome to the Forrester High School Mental Health and Wellbeing Support Page



As part of our Forrester family we have **GOT YOUR BACK**.

This means we are here to support you and your family. We will give you the tools to maintain good positive mental health and wellbeing. This will be done in your classes, in assemblies, through promoted activities and working with outside agencies. Click on the links to find out more!



MENTAL HEALTH

*what does good & bad mental health look like
and how can we look after it*



WELL BEING STRATEGIES

*exercise, meditation and how I can look after
my own well being*



SUPPORTS & SIGNPOSTING

supports in and out of school

If you are experiencing suicidal thoughts or concerned about someone please contact their doctor or dial 999 in an emergency.

For more information please see these helplines or text SHOUT to 85258



[samh_livingwithyourthoughts_web.pdf](#)



[Get Help Now \(rethink.org\)](https://rethink.org)



MENTAL HEALTH

*what does good & bad mental health look like
and how can we look after it*

MENTAL HEALTH

So what is Mental health and why is it important we talk about it?

Mental health is our **emotional**, **psychological**, and **social well-being**. It affects how we think, feel, and act. It helps determine how we handle stress, relate to others, and make choices.

Looking after your mental health is just as important as your physical health. Think what you do every week to keep your physical health in check, now what do you do for your mental health? We need to learn to take as good care of our emotional, psychological and social well-being as we do our bones, joints and muscles.


It's important we talk about it so we normalise it! We all have mental health, most of the time it will be fine but sometimes it won't be. If we break a leg we don't ignore it so let's not ignore our mental health!

What is good mental health and what might it look and feel like?

Good mental health is characterised by a person's ability to fulfil a number of key functions and activities, including: the ability to learn. the ability to feel, express and manage a range of **positive** and negative emotions. the ability to form and maintain **good** relationships with others.


You will be able to deal with every day situations and feel in control, able to cope and confident in your actions. You will feel happy, settled and content with your life. You will be focussing on all the good things that are happening in your life and looking forward to enjoying your free time doing things you like.


What might poor mental health look like?


 Changes in behaviour e.g. being very sociable and then not talking


 Low mood

 Tearful


 Emotional outbursts e.g. anger and other heightened emotions like frustration, stress, anxiety, panic attacks intense irritation.


 Physical symptoms e.g. IBS, headaches, colds, psoriasis

 Tiredness or poor sleep


 Over or under eating

 Not taking care with personal hygiene

 Using alcohol, drugs or other addictive behaviour

 Quality of work or performance goes down

 Not able to concentrate

 Errors of thinking e.g.

- catastrophising (that will be terrible, awful, or a nightmare)
- all or nothing thinking (that will never work)
- labelling or generalising (I am stupid, I failed, I can't do maths)
- blaming self or others (I mucked up really badly or it was all their fault)

If we see any of these signs what should we do for help our friends, family and our Forries family?

Reaching out for support and guidance can help. This may be your doctor, a trusted adult, family or a friend.

Click on the links below for help and advice



WELL BEING STRATEGIES



SUPPORTS & SIGNPOSTING



WELL BEING STRATEGIES

exercise, meditation and how I can look after my own well being

WELL BEING STRATEGIES

There are many ways to maintain and promote great mental health and well-being. We know some of them and there is so much more to learn. Sometimes it is so hard to drag ourselves to do these things but we must remember how good we feel when we have 'exercised' our brains and made positive changes to promote our mental health.

Connect

Be active

Take notice






Learn

Give

Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.








Try to do something different today and make a connection –

-  Talk to someone instead of sending a text or email
-  Speak to someone new (in person)
-  Ask how someone's weekend was and really listen when they tell you
-  Put five minutes aside to find out how someone really is
-  Walk to school with someone or share the journey home with them

Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for promoting well-being. It doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.





Today, why not get physical? Here are a few ideas:

-  Take the stairs not the lift
-  Go for a walk at lunchtime
-  Walk into school – so you can 'connect' as well
-  Get off the bus one stop earlier than usual and walk the final part of your journey to work
-  Organise a sporting activity with friends or have a kick-about in a local park
-  Do some 'easy exercise', like stretching, before you leave for school in the morning
-  Go to speak to someone instead of calling or texting them

Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations. Take some time to enjoy the moment and the environment around you.








Here are a few ideas:

-  Have a 'clear the clutter' day
-  Take notice of how your friends/family are feeling or acting
-  Take a different route on your journey to or from school
-  Visit a new place for lunch.

Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression. The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing. Why not learn something new today?

Here are a few more ideas:

-  Find out something about your colleagues
-  Sign up for a class
-  Read the news or a book
-  Set up a book club
-  Do a crossword or Sudoku
-  Research something you've always wondered about
-  Learn a new word.

Give

At Forrester we encourage Forries kindness, doing something for someone makes you feel good! Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Six types of workouts that could improve your mental health

Running (or walking)

Two 2007 studies commissioned by Mind revealed that 94 per cent said outdoor activities including running and walking had benefited their mental health.

Boxing

The rumours that hitting a punchbag releases stress and anger is true. Finding an outlet for aggression can be both empowering and healing. Short, sharp 'rounds' of punching, followed by rest, results in an intense interval session, which releases endorphins.

Pilates

Aside from the feelings of wellbeing from moving and mobilising your body, its focus on breathing and relaxation can help to switch on the body's parasympathetic nervous system, which is responsible for sleep and relaxation.

Yoga

One of the main reasons yoga helps us create better mental health is that it integrates body and mind, although it also works well when incorporated with talking therapy and meditation.

Spin classes

Emotional and mental health improves as much as your physical fitness. Regular exercise encourages neurogenesis which is the growing of new brain cells. This allows us to focus better and learn quicker - plus exercising gives you an energy boost and the more energy you have the more productive you are.

Resistance training

Research shows that low-moderate intensity resistance training produces a reliable and robust decreases in anxiety, but there's also evidence to show it helps improve cognition and may improve the functioning of your central nervous system (which has a big impact on mood and fatigue levels).

Free exercise apps



Quick & Effective Workouts from Celebrity Trainers You Can Do Anywhere

- Best workouts, always with you
- Always on whenever you are
- Discover fitness with friends
- Unlimited access



Map My Fitness by Under Armour

- Easily track and log workouts.
- Build your own workout routine with access to over 800 workouts and share your routines with others.
- Discover new workout routines created by Under Armour trainers.
- Connect with 400+ devices to import and analyse all your data in one place.



7 Minute Workout

Only have 7 minutes a day to get it in? This workout app is just what you need and best of all, it's totally free and so easy to get started. You'll get to choose from your favourite workouts and each routine will even come with a video tutorial and step by step instructions so you know you'll be nailing all your forms perfectly.

- Professionally designed workouts - they're all short and effective
- Workouts can be done anywhere - no need for any equipment
- Voice and video instructions for every workout
- Workouts for everyone including beginners



Nike Training Club

- Extensive Nike Training Club workout library:
 - Body-part focused workouts targeting your abs, arms, shoulders, glutes, and legs
 - Work out times ranging from 15-45 Minutes
 - Beginner, Intermediate, and Advanced Levels
 - Low, Moderate, and High Intensity
 - Bodyweight only - Light, and Full Equipment
 - Time-based and Rep-based options
 - Daily personalize workout recommendations.

Free meditation apps

Available for download on [Android](#) and [iOS](#)



Designed to help you train your mind and body for a healthier, happier life and get the most out of your day, Headspace can be used anywhere. The free version of the app includes meditations and exercises led by Headspace co-founder Andy Puddicombe that will teach you the essentials of meditation and mindfulness.

Named an 'Independent Best Buy' and featured on The Ellen Show and The Tonight Show starring Jimmy Fallon, a recent Headspace user review states: "After a few days with guided meditations I could really notice a difference in my way of handling stressful moments."



Described by a user as "a truly life-changing app", Calm is the perfect meditation app for beginners (there's a seven-day beginner's programme to get you started) but also includes programmes for more advanced users.

The short, guided meditation sessions cover the basics of mindfulness and there's also a library of soothing nature sounds and scenes to use at your leisure. One great feature if you're looking to improve your sleeping patterns is the 'Sleep Stories' - bedtime stories for adults 'guaranteed to lull you to sleep'.

Aura



If you're after a personalised meditation experience, Aura could be the app for you. Described as a 'new kind of mindfulness app', Aura learns about you by asking questions. You then receive a daily three-minute mindfulness meditation based on your answers.

Compatible with the Apple Watch and loved by Apple (#1 New Apps We Love), Aura is designed to help you control your stress and thoughts better to reduce stress and increase positivity. A recent user review said: "It helps me take a step back from my busy schedule and to calm my nerves."

Stop, Breathe & Think



Another app offering a personalised meditation and mindfulness experience is Stop, Breathe & Think. According to Cosmopolitan, this app has 'stand out' customisation tools that deliver meditations based on your current emotions and feelings.

A recent study saw a 22% decrease in users feeling anxious after just 10 short sessions. Winner of the 2017 Webby People's Voice Award for Best Health App, a current app user described Stop, Breathe & Think as a "great app to begin a new meditation practice or strengthen an existing one."

Insight Timer



Described by the Independent as "a social network for meditators", Insight Timer lets you share and discuss your mindfulness experience with like-minded people around the globe. Community groups include Beginners, Transcendental Meditation and much more, plus there's a packed library of guided meditations led by the world's top mindfulness experts and meditation teachers.

Winner of TIME magazine's Apps of the Year, a recent user had this to say: "Fantastic app! Helped me get back on track with meditation. Huge variety of meditations, talks & support."



SUPPORTS & SIGNPOSTING

supports in and out of school

Supports & Signposting

Understanding and supporting

You might worry that you do not know the best way to help or will say something wrong and make things worse. But the small things we say or do can make a big difference to someone.

Just telling them you see their struggle can be important help. People can be afraid to let others know they are not coping but being able to connect with others can be a relief.

Starting the conversation may be difficult, and it's normal to feel upset if someone you care about is struggling. But it can help to stay calm and assure them they do not have to deal with things alone.

You can also be there for them in other ways, like cooking for them, going for a walk or watching a film together. A chat may come more naturally if you are doing something together first.

Fear often prevents us from being open about our mental health difficulties. We can break down these barriers and talk more openly when we know more about mental health problems and how common they are.

So how can someone get the little bit of extra support?

There are many ways to signpost people to mental health and well-being help. Some of them you may have seen or heard of before and some may be new.

In school we have counsellors, The Youth Agency and group work. Please speak to a member of staff your trust if you need support.

SUICIDE PREVENTION AND SUPPORT

If you are experiencing suicidal thoughts or concerned about someone please contact their doctor or dial 999 in an emergency.

*For more information please see these helplines or **text SHOUT to 85258***

ALWAYS CALL 999 WHEN IN NEED OF URGENT ASSISTANCE



PAPYRUS

A charity for the prevention of young suicide (under 35) in the UK

<http://www.papyrus-uk.org>

0800 068 41 41



SHOUT

85258 is the **UK's** first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need **mental health** support

<https://giveusashout.org>

text **SHOUT** to **85258**



SAMARITANS

Confidential support for people experiencing feelings of distress or despair

<http://www.samaritans.org>

Call 116 123

MENTAL HEALTH SUPPORT



Rethink

Aim to improve the lives of people severely affected by mental illness

<http://www.rethink.org>



SAMH

(Scottish Association for Mental Health)

Operating in communities to provide a range of mental health support and services

<https://www.samh.org.uk>



Young Minds

A mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need

<https://www.youngminds.org.uk>



SANE

Meeting the challenge of mental illness We believe that no-one affected by mental illness should face crisis, distress or despair completely alone

www.sane.org.uk



MIND

For 1 in 4 of us, every day is a fight. We won't give up until everyone experiencing a **mental health** problem gets support and respect

<http://www.mind.org.uk>

MENS MENTAL HEALTH SUPPORT



CALM *(Campaign Against Living Miserably)*

We provoke conversation, running life-saving services, and bringing people together so they reject living miserably, get help when they need it and don't die by suicide.

<https://thecalmzone.net>

MEN'S HEALTH FORUM

The **Men's Health Forum** is a British registered charity whose mission is to improve the health of men and boys in England, Wales and Scotland

<https://www.menshealthforum.org.uk>

GENERAL SUPPORT

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

CHILDLINE

Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send **Childline** an email or post on the message boards.

[Childline | Childline](#)



EVERY MIND MATTERS

We have expert advice and practical tips to help you look after your mental wellbeing, so discover what works for you.

[Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

ANXIETY



ANXIETY UK

A national registered charity for those affected by anxiety, stress and anxiety based depression.

<https://www.anxietyuk.org.uk>

BEREAVEMENT



CRUSE BEREAVEMENT CARE

Grief can be overwhelming - you don't have to deal with it alone

Call helpline or chat online

<http://www.cruse.org.uk>

0808 808 1677

BIPOLAR



BIPOLAR UK

National mental health charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar

<https://www.bipolaruk.org>

DRUG, ALCOHOL AND ADDICTION SUPPORT



AL-ANON

Support for the families & friends of alcoholics who share their experience, strength, & hope in order to solve their common problems.

<https://www.al-anonuk.org.uk>

0800 0086 811



NACOA The National Association for Children of Alcoholics

1 in 5 **children** in the UK are affected by their parents' drinking

<https://nacoa.org.uk>



MARIJUANA ANONYMOUS

Free self help group that supports in the recovery of marijuana addiction

[Marijuana Anonymous UK \(marijuana-anonymous.org.uk\)](https://marijuana-anonymous.org.uk)

0300 124 0373

Marijuana Anonymous has an official mobile recovery app



SMART RECOVERY

Self-Help Addiction Recovery programmes include recovery from alcoholism, drug addiction, gambling and more

<https://smartrecovery.org.uk>

EATING DISORDER



BEAT

We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

<https://www.beateatingdisorders.org.uk>

OCD



NO PANIC

No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders also supports carers of people who suffer from anxiety disorders

<https://www.anxietyuk.org.uk>

0300 772 9844



OCD ACTION

We provide support and information to anybody affected by OCD

<https://ocdaction.org.uk>



OCD UK

Here to educate, offer hope and support people through the difficult times, right through to recovery and everything in between

<https://www.ocduk.org>



SLEEP

We know that good sleep is vital for children, teenagers, and families to flourish. It's our goal to bring sleep support to every child who needs it.

[Contact Us – Sleep Scotland](#)

0131 258 1258



THE SLEEP CHARITY

The Sleep Charity provide advice and support to empower the nation to sleep better.

<https://ocdaction.org.uk>