

Mental Health Awareness



What is Mental Health?

Mental Health isn't exclusive to just a certain group of people or whether you have a mental health condition or not. Everyone has 'mental health' - it is about how you are feeling and where you are at a point in your life.

You may have really good mental health and be able to cope with everything that is happening around you or be the opposite and be struggling to keep up with everything that is going on.

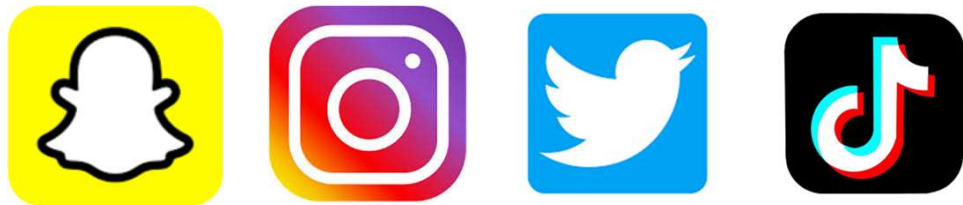
Everyone has experienced the pandemic differently.

Some people may have found it extremely difficult to adjust when going into lockdown and having every social aspect taken away which, for many people, is a huge coping mechanism.

On the other hand, some people may have felt extremely comfortable and safe at home. So, coming back to a situation where you are surrounded by so many others could have been really scary. Plus, not feeling as though you have many people to connect with or socialise with might also have a massive impact on how someone is coping with their mental health.

Returning to school

The majority of us use social media daily (sometimes hourly!)



While using social media allowed people to keep in contact with others, it's important that we use it in moderation. Having your head permanently stuck in your phone can isolate you further... and let's face it, not everything on social media is true or nice!

Being back in school allows you to see your friends face to face - not on a screen.

What are some things that can help?

Checking in with your friends. This sounds really simple and as if it isn't important to do but taking a moment to ask how your friends are doing can help them to realise that they have people around them to support them even if it's just because they are stressed about something.

Keep busy. A lot of people find it difficult to keep up a routine, but keeping busy can be as simple as reading, going for walks or watching movies and TV shows. Prolonged periods of these things might not always be useful so always take breaks and switch activities.

Links and information to support you and others around you

Websites for info and support:

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

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

<https://www.camhs-resources.co.uk>

Helplines for guidance or emergencies:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Who else can I talk to?

If you do not feel comfortable speaking to your family or friends. Speak to a trusted adult - this could be your register teacher or favourite Science teacher.

The other person is your guidance teacher (PUPIL SUPPORT LEADER) - they are really great at helping and can either offer support themselves or find someone who is an expert in the area you need help.

GARLETON - Miss Adam

LAMMERLAW - Mr Meekison

TRAPRAIN - Mrs Doig

Peer support group

Some S6 pupils in the school are planning to set up a pupil support group that will be there to give advice and support for a range of matters and situations. These pupils have experienced the difficulty of finding the right person to speak to and have recognised that sometimes it's nice to speak to a pupil who might have been through what you are struggling with.

For now there is a plan to open the support group up for pupils who are taking prelims, but eventually it will be available for all pupils and all situations or matters.

More information on how to get in touch with the PEER SUPPORT GROUP will come soon.

In the meantime...

**“In a world where
you can be anything,
BE KIND”**

Caroline Flack

(Television Presenter & Radio broadcaster)

9 November 1979 - 15 February 2020

(aged 40)