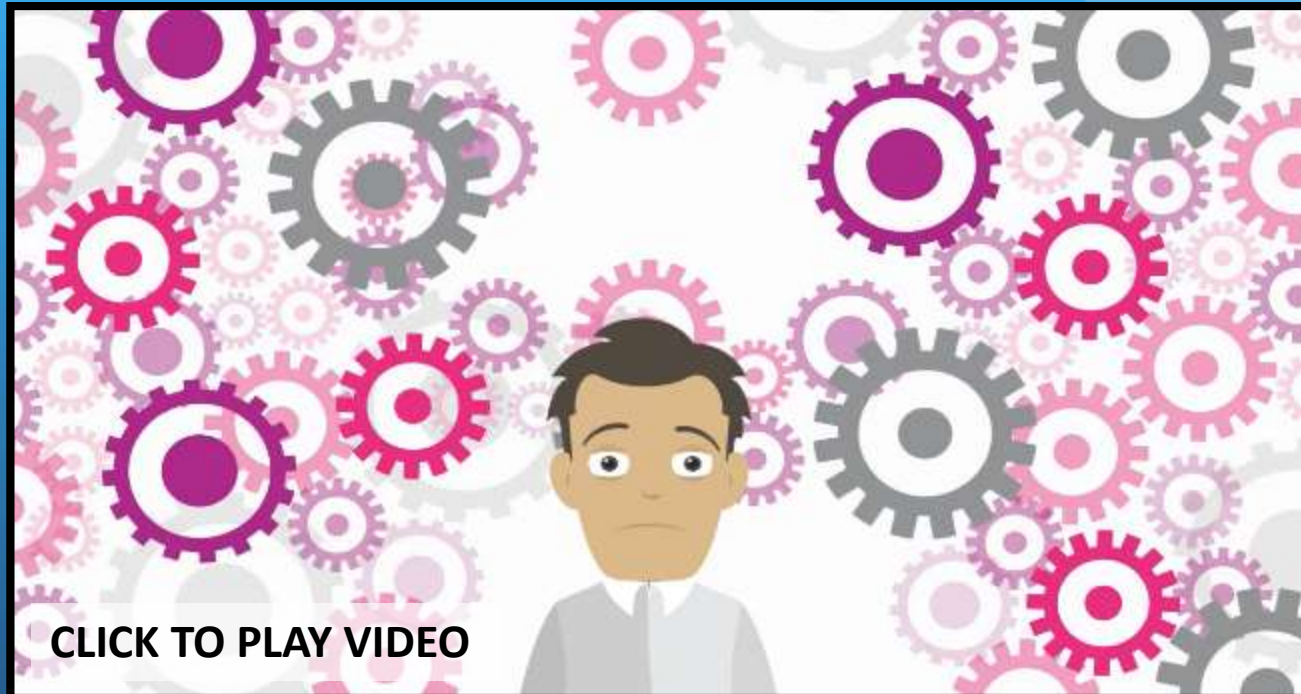




# SAFEGUARDING DRIVE: Mental Health/Emotional Wellbeing

March 2018

# What is Mental Health?



**1 in 4 people experience mental health difficulties at some point in their lives.** Whether that be depression, anxiety, stress, self harm, personality disorder, bereavement or any other negative mental health experience.



# Healthy Minds Top Tips

- Talk about your feelings
- Keep Active
- Eat well
- Ask for help
- Relax
- Sleep
- Care for others
- Meditation: Download the Headspace app

Healthy  
Minds

The text 'Healthy Minds' is written in a playful, rounded font. 'Healthy' is in purple and 'Minds' is in teal. A green leaf with two smaller leaves is attached to the end of the word 'Minds'. To the right of the text are three white stars and a white heart, all connected by a thin white line.

# What Can You Do?



## GET THE APP

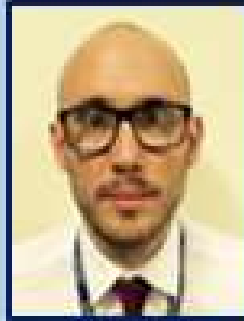
The Sport Relief app has everything you need to get active and raise money this Sport Relief. Make sure your steps count towards our goal to beat one billion steps a day, every day, from Saturday 17th to Friday 23rd March.

[DOWNLOAD THE APP](#)

# Where To Go For Help...



**Will Carr**  
Head Teacher



**Mark Hancock**  
Safeguarding Lead



**Sasha Leader**  
Director of Post 16



**Kirsty Maw**  
Attendance Officer



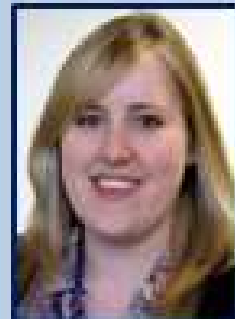
**Nathan Decres**  
The Bridge



**Lornette Mutteto**  
Manager - The Bridge



**Adeyne Fink**  
HLTA - The Bridge



**Jenny Gargett**  
Teacher of English



**Vicky Hope**  
Teacher of PE



**Carolynne Coop**  
HLTA

# Mindfulness/Headspace



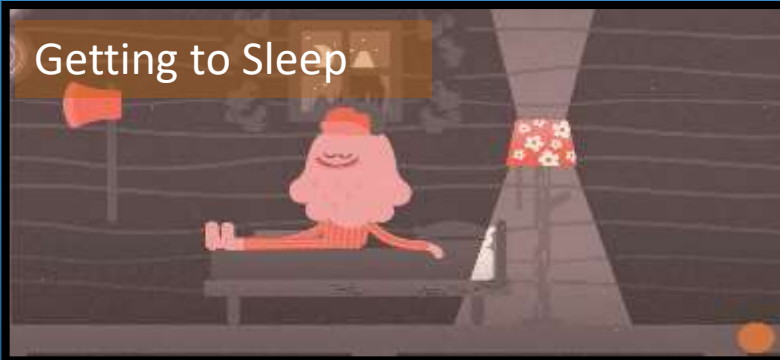
Introduction to Headspace



Relaxation



Getting to Sleep



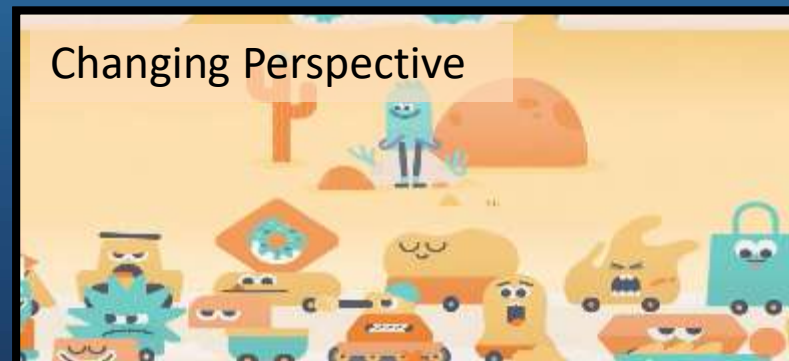
Hole in the Road



Dealing with Dark Thoughts



Changing Perspective



# Useful Links...

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

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

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

<https://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

<https://youngminds.org.uk/resources/tools-and-toolkits/amplified-resources/>

<https://www.headspace.com/headspace-meditation-app>

<https://www.headspace.com>

