

RISE MHST

Mental Health in Schools Team (MHST) Tips For Wellness:

TALKING

This week is **Children's Mental Health week** and the theme is '**your voice matters!**'

It is important that your voice is heard and you share your views with others, as this can help positive changes to be made. When you feel your voice is being heard, this can also boost your self esteem and confidence to keep talking! Research has shown that talking can provide a stress relief and help you to problem solve difficulties, but it can also be useful to just have someone to listen to you.

Our tips for talking:

1- Create a network hand, to identify trusted adults that you can talk to. Think about adults you trust in school, at home and in the community.

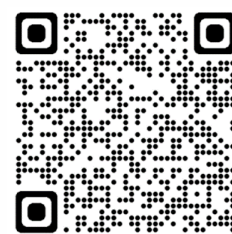
2- Watch this video to help you start a discussion about mental health:



3- Websites such as Childline and The MIX are available if you are not sure who you can talk to. Follow the QR codes below:



Childline



The Mix

4- Try talking to someone new this week! It can be difficult to start a conversation, so try using some icebreakers or talk about something you have in common. You can also use these **conversation starters** to help you:



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.