



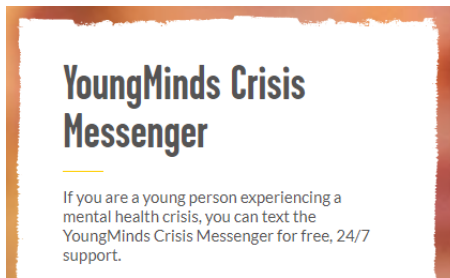
Samaritans. To talk about anything that is upsetting you, you can contact [Samaritans](https://www.samaritans.org) 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or [visit some branches in person](#). You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

SANEline. If you're experiencing a mental health problem or supporting someone else, you can call [SANEline](https://www.sane.org.uk) on 0300 304 7000 (4.30pm–10.30pm every day).

The Mix. If you're **under 25**, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).

Papyrus HOPELINEUK. If you're **under 35** and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](https://www.papyrus-uk.org) on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email pat@papyrus-uk.org or text 07786 209 697.

Nightline. If you're a **student**, you can look on the [Nightline website](https://www.nightline.org.uk) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.



For Young People Text YM to [85258](https://www.youngminds.org.uk).



For Adults Text Shout to [85258](https://www.textshout.org.uk).

Mental Wellbeing

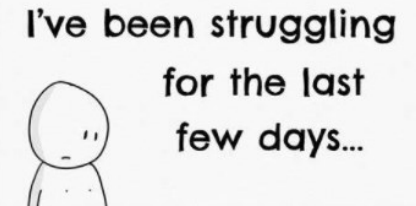
IT'S GOOD TO TALK

Don't wait until you can't cope before you seek help. For good days, bad days and all the in-between days, there are lots of places you can turn to for support.

These organisations all provide free, confidential and impartial support and guidance.



IT'S ALWAYS OK TO ASK FOR HELP



If you've noticed changes in the way you are thinking or feeling over the **past few weeks or months** that are concerning you, you should consider going to see your GP. Speaking to a doctor about a mental health problem may seem daunting, but they are there to help be as honest and as open as possible.

In school we have two people who are trained as Mental Health First Aiders — Hannah Copeland and Lisa Irving.

I'm feeling low and/or anxious. Who can help me?

- At school...**
 - Teacher/teaching assistant
 - Guidance teacher
 - Head teacher/Depute head teacher
 - School nurse
 - Librarian
 - School-based counsellor
- At work...**
 - Manager
 - Union
 - Counsellor provided via employer
 - Human Resources Department
- Online resources...**
 - Online self-help support groups
 - Digital wellbeing tools (e.g. apps)
- Support or treatments I need to pay for...**
 - Private psychologist or counsellor
 - Private psychotherapist
 - Herbal remedies bought from a shop/pharmacy
 - Alternative therapies such as hypnotherapy or massage therapy
- Friends and family...**
 - Chatting face to face
 - Texting and phone calls
 - Social Media (e.g. Facebook/ Twitter/Instagram)
- At college or university...**
 - Lecturer
 - Student counsellor
 - Student Union
 - Website advice and support
- At the council...**
 - Social worker
 - Youth worker
- Voluntary help...**
 - National charities (e.g. Barnardo's and Childline) including online and digital support
 - Local charities
- Someone I know through my hobbies and interests...**
 - Staff and volunteers in social groups e.g. youth clubs/religious groups/sports clubs
- NHS help...**
 - Online/telephone**
 - NHS Inform
 - Breathing Space
 - NHS 24
 - Moodjuice
 - Face to face**
 - Doctor
 - Nurse
 - Health visitor
 - Midwife

SSWSS – Free support for School Staff



healthy minds

School Staff Welfare Support Service

A free practical and emotional support pathway for senior education leaders, teachers and all school staff who are operating in challenging times

free practical and emotional support pathway for all school staff

The School Staff Welfare Support Scheme is available free for ALL school-based staff to access.

Any member of staff who would benefit from a well being check, possibly leading to an offer of six free hours of counselling, can self-refer

Contact

Aire, Wharfe and Craven Counselling

awc-counselling.co.uk

01535 288335



PATHWAY OF SUPPORT

Emotional wellbeing support

- FOR ALL SCHOOL STAFF

- Access a wellbeing check with a health professional
- Subsequent counselling and therapy offer

How do I access the wellbeing check?

Complete your details on the contacts page - <https://www.awc-counselling.co.uk/contact-us/>

In the message section please state School Staff Wellbeing Check and you will be contacted in 24 hours to arrange a wellbeing check.

Alternatively, you can phone **01535 288335** or **01535 288332** and request a School Staff Wellbeing Check

Mental Wellbeing

The 4-7-8 breathing technique

If anxiety sets in, take a moment to breathe.
A favourite technique we use at Shout is the four - seven - eight.




Exercise can be hugely beneficial to how you feel. If you're struggling with anxiety, depression, a low mood or stress, some physical activity can be a really good way to help boost your mental wellbeing.

Physical and mental wellbeing go hand in hand. Even 10 minutes of brisk walking increases our alertness, energy and positive mood. Exercise can help aid a good night's sleep, and regular physical activity has been suggested to reduce stress and enhance self-esteem.

Self help skills

Playing

For everyone, play is a great healer. It can make us laugh, help us to feel present and encourage creativity.

For many of our texters, playing with family and/or friends, video games, musical instruments, with pets, on their phone can help relax and de-stress.

Getting enough sleep

Since the start of the Covid-19 pandemic, around one in five of our conversations mentioned the words 'exhausted', 'tired' or 'fatigue'. But sleep also appears in our conversations as one of the most frequent coping mechanisms people use, particularly as it allows them to reset and start anew the next day.

Getting the right amount and quality of sleep is an important part of looking after your mental wellbeing, but it can be hard when you're feeling particularly stressed or anxious.

Some of our top tips for a good night's sleep include:

- **Regular sleep hours:** Getting to bed and getting up at the same time can help teach your body to sleep better.
- **Natural sunlight:** Exposure to natural light during the day, as well as darkness at night, helps to maintain good sleep.
- **Exercise:** As little as 10 minutes of aerobic exercise, such as walking or cycling, can drastically improve night-time sleep quality.
- **Remove distractions:** Try to limit how much you're scrolling on your phone or looking at social media just before bed, as this can wake you up and make you more alert.

Try these tips over the next few weeks and see how you feel.





If you need urgent mental health support, call First Response:

0800 952 1181

[First Response crisis service](#) offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis.

What is First Response?

First Response is a service that supports people experiencing a mental health crisis.

It is for people of all ages in Bradford, Airedale, Wharfedale and Craven.

We work with you, your family and other agencies to allow quick access to services that will support your recovery.

You can contact us direct. You do not have to have used any mental health services before.

When should I call First Response?

If you are experiencing something which makes you feel unsafe, distressed or worried about your mental health you should contact First Response. Examples might include:

- **Mood changes** (different to how you are usually).
- **Withdrawing** from people (close family, friends or work colleagues).
- **Not taking care of yourself** like you would usually.
- Having increased thoughts about **life not being worth living**.
- Excessive **worry**.
- Feeling **out of control**.
- Feeling **unable to cope**.
- **Changes** in the way you think.
- **Unusual ideas**.
- **Hearing voices, or seeing things** that others can't.
- Thinking about **harming** yourself or someone else.

Who can call First Response?

Not only can you call us direct, a friend, carer or family member can also call the team if they are concerned for your well-being.

You do not have to have used any mental health services before to contact us.



0800 585858



Please call the Infoline on

0300 123 3393

Email info@mind.org.uk



If you would like support obtaining a referral to the Cellar Trust please contact us:

Urgent Support

Mental Wellbeing

Information that can help

Anxiety, worry and panic are very common emotional feelings. Whilst they can play a healthy role in alerting us to problems or challenges, in our modern day lives they can easily become overwhelming, ongoing and cause real problems for people.

There is great support to help you manage these feelings and the causes of them, offering space from anxiety.

Here are some apps advised by the NHS ...



Bluelce

This app helps young people manage their emotions and reduce urges to self-harm

Free



distrACT

Quick and discreet access to information and advice about self-harm and suicidal thoughts

Free



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way

Free



eQuoo: Emotional Fitness Game

Use adventure games designed by psychologists to help you increase your emotional fitness

Free, with in-app purchases



Catch It

Learn to manage negative thoughts and look at problems differently

Free



Feeling Good: positive mindset

Use audio tracks to help relax your body and mind and build your confidence

Free, with in-app purchases



Chill Panda

Being tested in the NHS

Use breathing techniques to help you relax more, worry less and feel better

Free



MeeTwo

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives

Free



Cove

Being tested in the NHS

Create music to reflect emotions like joy, sadness and anger to help express how you feel

Free



My Possible Self: The Mental Health App

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking

Free, with in-app purchases



There is always someone to talk to...

Visit <https://hubofhope>

Mental Health Support Network for a list of services /support in your local area

Relating

The people around you offer a valuable pool of support so it's important to put time into strengthening those connections.

Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day

Exercising

Regular activity will provide an endorphin boost and increase confidence.

Give it a go:

- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work



Awareness

Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress.

Give it a go:

- Pay attention to your senses – what can you see, hear or feel around you?
- Choose a regular point in the day to reflect



Giving

Holding out a helping hand makes other people happy and will make you feel happier too.

Give it a go:

- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgement



10 KEYS TO HAPPIER LIVING

ACTION FOR HAPPINESS

Find out more about the 10 Keys to Happier Living at actionforhappiness.org



MHFA England

Visit mhfaengland.org to learn about Mental Health First Aid and how you can support a friend, family member, colleague or student with their mental health

Trying out

Learning new things is stimulating and can help to lift your mood.

Give it a go:

- Take on a new role at work or school
- Try out a new hobby, club or activity that interests you



Meaning

People who have meaning in their lives experience less stress, anxiety and depression.

Give it a go:

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
- Volunteer for a cause, be part of a team, notice how your actions make a difference for others



Direction

Working towards positive, realistic goals can provide motivation and structure.

Give it a go:

- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to celebrate progress along the way



Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens.

Give it a go:

- Find an outlet such as talking to friends or writing it down
- Take action to improve your resilience skills



Emotions

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

Give it a go:

- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun

Acceptance

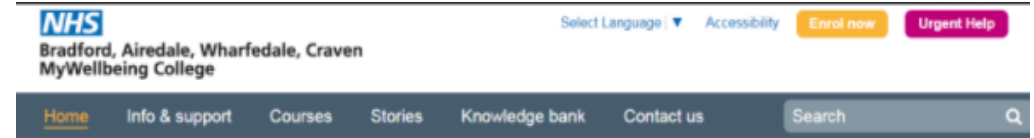
No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

Give it a go:

- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you have and can do

My Wellbeing College

Online support



MyWellbeing College

Talking through life's ups and downs

MyWellbeing College is a free NHS service to help people manage everyday problems such as feeling low, having problems sleeping, feeling anxious and experiencing stress.

MyWellbeing College has a wide range of learning opportunities to help you through these ups and downs. Options range from online courses in the comfort of your own home to getting out and meeting new people in our group courses. If there is an option that suits you, you can enrol yourself and then chat to a member of our qualified enrolment team.

[Enrol now](#)



Visit

bmywellbeingcollege.nhs.uk
to enrol online

[MyWellbeing College Bradford – Talking through life's ups & downs Airedale, Wharfedale, Craven](#)

bmywellbeingcollege.nhs.uk

Stress is a normal part of life that affects us all, there's so many things that can cause stress but when they add up they can start to cause problems. Silvercloud provide a "Our space from stress" course will help you work towards solutions that will help you with your feelings of stress.



MyWellbeing College

Somerset House, Manor Lane
Shipley, Bradford
BD18 3BP

Call us: 0300 555 5551