

Having a mate in your corner can make all the difference. You don't have to be an expert. Here are three simple ways you can do it:

1. **Reach out** – a conversation, message or call goes a long way
2. **Listen, don't judge**
3. **Do something together**, in person, in reality.



Mental health support services outside of school

Samaritans

Telephone: 116 123 (24 hours a day, free to call)
Email: jo@samaritans.org
Website: www.samaritans.org

Mind Infoline

Telephone: 0300 123 3393 (9am-6pm Monday to Friday)
Email: info@mind.org.uk
Web site: www.mind.org.uk/help/advice_lines

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (10am-2pm Monday to Friday)
Email: info@rethink.org
Website: <http://www.rethink.org/about-us/our-mental-health-advice>

Saneline

Telephone: 0300 304 7000 (6pm-11pm)
Website: www.sane.org.uk/what_we_do/support/helpline

ChildLine

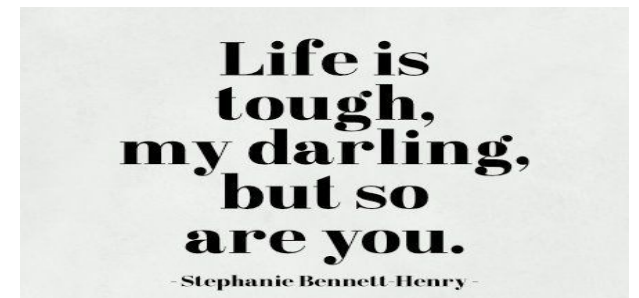
Telephone: 0800 1111
Email: <http://www.childline.org.uk/Talk/Pages/Email.aspx>
Website: www.childline.org.uk

Elefriends

Website: <http://elefriends.org.uk/>

Mental Health Awareness Week 14th May 2018

Devonport High School for Girls





Week of Compliments

Everyone will be issued with a 'starting kit' of thirty compliments covering a vast array of lovely things to say to someone to make their day.

The challenge is to deliver them to thirty different members of our community in a thoughtful and meaningful way to create a real sense of positivity in others.

What can you celebrate about others?

In receiving a compliment, smile and say thank you!

<p>if someone compliments you, don't dismiss it!</p> <p>you're great at drawing! not really...</p> <p>oh...</p> <p> <ul style="list-style-type: none"> ✗ downplays yourself ✗ may make giver feel bad ✗ dismisses giver's opinion </p>	<p>you should accept compliments!</p> <p>you're great at drawing! thank you!</p> <p> <ul style="list-style-type: none"> ✓ boosts your confidence ✓ shows you appreciate them ✓ improves self esteem </p>
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Mental Health Awareness activities

Day	Wellbeing theme for registration	Other activities
Monday	'Feeding Wellbeing' Fuelling your mind for mental health	Parent/Carer Forum and workshop 5.30 to 7pm (see website) Talking with teenagers and mental health
Tuesday	Friendship. How we affect others	Staff Wellbeing workshop 3.40pm to 4.40pm
Wednesday	Sleep. The link to mental health	Yr8 workshop on mental health and resilience. PSHEE Sleep, all years
Thursday	Hugging for happiness	
Friday	Reality checking your world for mental health	Yr10 workshop on stress management

Running throughout the week

- 'Week of compliments' challenge (see left)
- Twitter 'Livewall' (see right)
- Mood boosting smoothies in the servery (£1.50) and a variety of Superfood meals.
- Reading for wellbeing Library resources promotion
- Staff RockFit session
- Peer Listener drop in T2 every lunchtime
- PSHEE Mental Health lessons
- Dining Hall music
- Staff small acts of kindness tickets

Who's in your corner?

We will be operating a rolling screen in the reception area and dining hall for the week to say thank you to all those who helped 'make our day more positive'. Send your Tweets to: #dhsgstressbusting
E.g. Thank you to my friend/office staff/bus driver who made my life a bit easier today by...

