

Mental Health and Wellbeing Support



A Guide for KS3 Students

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What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Life often throws challenges our way and it isn't about coping alone or holding things in. It is about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.



**Our Mental Health
is important!**

Managing Anxiety

About Anxiety

Anxiety is our body's natural alarm that tells us when we are in danger. It can protect you from harm. But it can also happen for no obvious reason.



Managing Your Anxiety

Try practising the **APPLE** technique which encourages you to **A**cknowledge, **P**ause, **P**ull back, **L**et go and **E**xplore...

Acknowledge – Notice and acknowledge the feeling of not knowing as it comes to mind.

Pause – Don't react as you normally do. Don't react at all. Just pause and breathe.

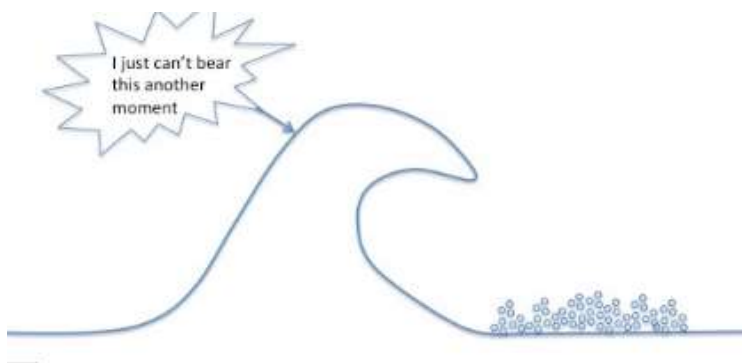
Pull back – Tell yourself this is just the worry talking. It is only a thought or feeling. Do not believe everything you think. Thoughts are not **True** facts.

Let go – Let go of the thought or feeling. It will pass! Imagine your thoughts floating away in a bubble or cloud.

Explore – Explore the where you are now. Notice your breathing. Notice the floor under your feet. Look around and notice what you see, what you hear, what you can touch, what you can smell. **Right now.**

Managing Difficult Emotions

One of the most important things to know about emotions (good and bad negative) is that they have a beginning, middle, and end. Emotions come in waves and can make us do and act in ways we would not normally.



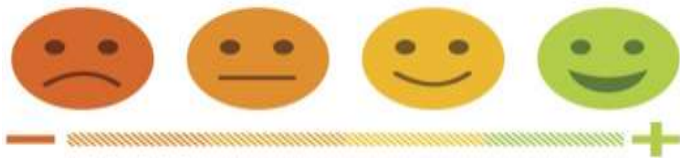
What Can You Do About It?

The main aim is to get through the wave and to **“sit with”** the uncomfortable feelings. If you do absolutely nothing, the wave will pass in time. **Nothing lasts forever.**

However, there are ways you can speed up the process.

- **If your emotional wave is at a 3/10**, you may be able to get through it by ringing a friend, writing in a journal, taking a bath, or doing some colouring.
- **If your emotional wave is a 7/10**, you might need to do something completely different, such as ring a helpline such as **ChildLine (0800 1111)** or contact a close family member to let them know you are struggling.

Over the next few days, it might be helpful to put a plan together about how you manage your emotional wave at each level. **Share it with family and friends.**



Managing Anger

We all feel angry sometimes, but you can learn to manage it!

What is Anger?

Anger is one of lots of emotions that we all feel. It is okay and perfectly normal to feel angry about things that have happened.

Anger can start to become a problem when you express it through unhelpful or destructive ways.

If you find yourself doing these sorts of things, it might be a sign that you need some support:

- Hitting or physically hurting other people.
- Shouting at people.
- Breaking things.
- Losing control
- Spending time with people who get you into trouble.
- Constantly ending relationships or getting in trouble at school.

There are Different Types of Anger

Outward Anger

Do you often find yourself being aggressive towards other people?



Inward Anger

Do you tell yourself that you hate yourself, that you are useless, that you don't deserve things?



Passive Anger

Do you behave passive-aggressively towards other people?

Do you ignore people, refuse to speak to them, or are you often sarcastic or sulky?



Why do I Feel Angry?

Everyone feels angry sometimes - and we all have different triggers.

You may feel anger because of problems at home or school, or if you have fallen out with a friend, or had a breakup with a partner.

You might start to feel angry if you feel misunderstood by people around you, like your parents, or if you are confused about your sexuality.

But sometimes, you can feel angry and not know why. This could be the result of lots of stress and different pressures building up around you.

Recognising what triggers your anger is the first step to figuring out what is causing it and finding a way to make things better.

How Can I Manage My Anger?





Relaxation

Over time, you will learn to manage your anger better yourself. When you feel angry or stressed you can try out different relaxation techniques to help you calm down, such as:

- Going for a walk.
- Listening to music.
- Taking deep breaths.
- Doing some exercise.
- Doing something you enjoy - skateboarding, painting, swimming.
- Talking to someone about how you are feeling.
- Playing computer games to take your mind off it.
- Reading a book.
- Having a hot bath.

Get help for anger

WRITE IT DOWN

KEEP A NOTE OF HOW YOU'RE FEELING:

- What happened that made you angry?
- How did you respond? Did it help?
- How did you feel afterwards?
- What else is on your mind?
Is there something making you feel worried, scared or alone?

TALK IT OUT

It helps to talk about how you're feeling. Try saying:

"I've been feeling really wound up recently and I'm starting to think something might be wrong. Can I talk to you about it?"

"I want to talk to you about something that's been bothering me."

Helplines and Services Available

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

ChildLine

- www.childline.org.uk
- If you're under 19 you can confidentially call, email or chat online about any problem big or small,
- Freephone 24h helpline: 0800 1111
- Sign up for a childline account on the website to be able to message a counsellor anytime without using your email address.
- Chat 1:1 with an online advisor.

Youth Access

- www.youthaccess.org.uk
- A place for you to get advice and information about counselling in the UK, if you're aged 12-25.

The Mix

- www.themix.org.uk
- If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
- Freephone: 0808 808 4994 (13:00-23:00 daily)

Kooth

- <https://www.kooth.com/>
- Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

Shout

- <https://www.giveusashout.org/>
- Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
- Text Shout to 85258

Wellacre's Mental Health and Wellbeing policy

- <https://www.wellacre.org/our-academy/wellacre-academy-policies/>
- A wide range of information, sources of support and possible referrals which support Mental Health and Wellbeing for our school community