

Supporting  
Mental Health  
&  
Well Being

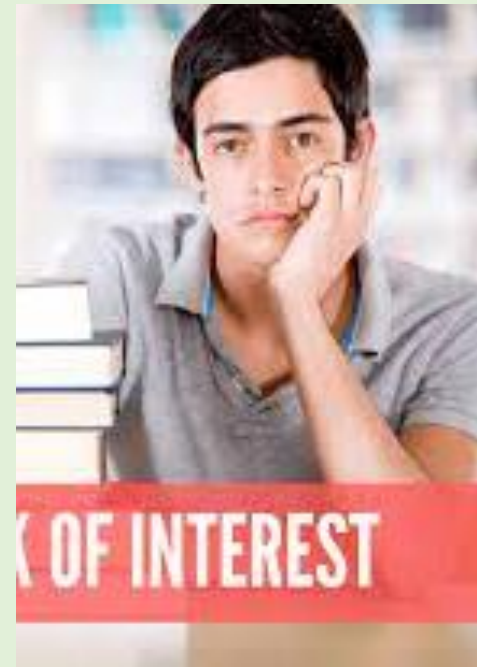


# Signs of good Mental Health & Well Being



- Eat well and regularly -
- Get a good night's sleep –
- Talk -
- Keep physically active -
- Connect with others and be sociable..
- Do something you are good at!
- Develop some coping strategies for difficult/stressful situations





# Signs that someone is struggling with their Mental Health & Well Being

Loss of interest in things that they usually like

Feel that there they are not doing well and feel useless

Have sudden angry or irritable outbursts

Avoids or refuses to spend time with family and friends

Have difficulty sleeping or are sleeping too much

Feel anxious and are worrying a lot

Lack of energy

Have changes in their appetite

# Tutor Time

- At The Coppice academy we know how important talking is. Every morning in Tutor students are given breakfast and take part in votes for schools activities or discuss local events and social skills, students are encouraged to speak and to discuss healthy and non-healthy opinions. This gives staff the opportunity to get to know their group well allowing them the opportunity to sign post students that they feel would benefit from some additional well-being support.
- We all have times when it feels hard to talk to those closest to us about things which are bothering us. Often this can be because we don't want to worry them, or we are afraid of what they might say. Talk Time is there to help when a child is feeling like this. We will listen to the child carefully, not judging them, but look to help them understand what might be bothering them and help to find ways to cope with their challenges or emotions.

The types of problems that often come up in Talk Time may include:

- |                       |                     |               |                      |
|-----------------------|---------------------|---------------|----------------------|
| • Family difficulties | School difficulties | Relationships | Loss and bereavement |
| • Friendship issues   | Lack of confidence  | Anger         | Behaviour issues     |
| • Transition          | Anxiety             | Low mood      |                      |

# Support available at The Coppice



Name \_\_\_\_\_

Can you help me with... (tick)

Feeling sad		
Feeling scared		
Feeling worried		
Feeling angry		
Something else		

Time with \_\_\_\_\_

Date \_\_\_\_\_



You can let us know  
by passing the form  
to a member of staff  
or by posting your  
slip into one of our  
new post boxes

