



Mental Health in Schools Team Tips For Wellness



Connecting

Connecting with people and building good relationships is important for our mental wellbeing. We can connect with lots of people around us, such as family, friends, and neighbours, at home, school or in our local community.

Connecting with others can give you a **sense of belonging** and **self-worth**, an opportunity to share positive experiences, as well as providing emotional support.

We have so many ways to connect with each other by using technology; we can stay connected with family and friends who live further away by using video call, or we can message friends using apps and games which we play online. It is a great way to connect with others, but it is important not to rely on technology or social media alone...connecting with others in person is essential too!

Our tips for connecting:

1. Take a minute to name all the people you see or speak to in a normal week (from the postman to your teachers and family members). Next, pick out the people who help you the most and the ones who make you smile. Now, remember these people, as connecting with them is important to your happiness and wellbeing. Who can you talk to if you feel lonely, worried or upset?
2. Spend some time with a family member each day this week. You could eat a snack or meal together, help them with a task or play a game!
3. Arrange to meet a friend outside of school (don't forget to check with your parent or carer first). Could you go to the park together or have a sleepover? If you are not able to meet a friend, you could check in with them instead. Ask what they did at the weekend or how they are feeling, remember to listen carefully when they talk to you!
4. Connect with someone you have not spoken to in a while, maybe a friend from primary school or a family member who lives far away? Send them a message, have a video call, or write a letter to them!



5 ways to wellbeing

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.