



Mental Health in Schools Team Tips For Wellness



Friendship

Friends can be there for you and be an important source of mental health support and wellbeing. The **5 steps to wellbeing** highlight the importance of connecting with others, whether that be friends, family or key important people in your life, it is important to stay connected!

Connecting with others can help us feel close to people and feel valued for who we are. Being social means different things for different people; you might prefer being in quieter situations with one other person, or you might like being in big groups. You might like to connect with people face-to-face, online, by sending letters, or talking on the phone!

Our tips for building friendships:

- If you feel comfortable, you could try speaking to someone new.
- Ask how someone's weekend was and really listen when they tell you.
- Walk to school with a friend or ask someone to play with you at breaktime.



*5 steps to
wellbeing*

Friends can help you with your mental health in lots of different ways. They might check in with your feelings or simply make you laugh by sharing a video on TikTok. They might also help you by:

1. **Talking things through** - if you are finding things difficult, talking things through with a friend can help you understand how you feel and what support you might need. It might even be that they just sit and listen. A friend can also keep you company to remind you that you are not alone.
2. **Give practical support** - for example, if you are nervous about going to a party, friends can help you by going to the party with you, messaging you to see how you are getting on or helping you find a quiet space.
3. **Taking your mind off things** - they can distract you from what might be making you feel low or stressed and help you feel calmer through difficult times.
4. **Notice changes in your mood** - friends who know you well might recognise if you are struggling or not feeling your best and can check in to see if you need support.



*Scan for the importance of
friendships for our mental
health*



*Remember, helping a
friend is not all on you!
(See video)*

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.