

Quote of the week

"It's ok not to be ok, as long as you are not giving up" Karen Salmansohn

Social, Emotional, Mental Health

Support for Students

We all have mental health, just like we all have physical health. Sometimes we feel well, and sometimes we don't.

Mental health is complicated because it's about how we think, feel and act, and this is always changing. Remember, if you're struggling with how you think, feel or act, you are not alone and things can get better. You deserve all the help and support you need to feel confident and comfortable being yourself so that you can enjoy life.

Find further advice at:

<https://youngminds.org.uk/find-help/what-is-mental-health/#what-is-mental-health?>

Social, Emotional, Mental Health

Support for Parents/Carers

As well as looking after our physical health, it is also important to look after our mental well-being; especially during these unprecedented times.

If your child, or anyone in your family, is struggling to cope with the current situation, **'Young Minds'** and the **'Durham SEND and Inclusion Team'** have a range of resources and support bases available to help.

Find further advice at:

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

<http://www.durham.gov.uk/article/23253/Resources-for-children-and-young-people-parents-and-carers-and-professionals>

Lockdown Keepsakes

Although things are uncertain at this time, it is important that you are able to reflect on your lockdown experience. One great way of doing this may be to create a lockdown 'keepsake', something that reminds you of this experience in a positive light.

We'd love to see your creations so don't forget to take a picture and show us! - email your creations to:

contact@staindropschool.com



Top Tips for good mental health

- Get plenty of sleep
- Eat well
- Exercise regularly
- Get outside
- Talk to other people
- Know your stress triggers/anxieties
- Ask for help

Contact for Support

If you have any worries or concerns that you have not already discussed with school regarding SEND, please contact the SEND department at:
contact@staindropschool.com