



Pear Tree School

Achieving the Best We Can in Everything We Do

Could we all do more to improve our wellbeing?

Below are the 5 ways to wellbeing, which evidence suggests, can support us in improving our mental wellbeing.....



**Your time,
your words,
your presence**



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**



**EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF**



**TALK & LISTEN,
BE THERE,
FEEL CONNECTED**



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**



• • • ***We all have mental health!***

Just as we all have physical health, we all have mental health. This doesn't mean we are all having difficulties with our mental health, it just means we need to be aware that we need to treat it in the same way as physical health.

If you had a broken leg you wouldn't just ignore it and hope it would go away, so if we are experiencing difficulties with our mental health we shouldn't ignore them either!

What are we doing at Pear Tree?

We have 3 **Youth Mental Health First Aiders** at Pear Tree - Vicky Farish, Alex Haley and Lindsey Bonson who have all had additional training to enable them to support our students if they are experiencing mental health difficulties and respond to a crisis situation. All our staff have also had training on spotting signs and symptoms of mental health difficulties in our students and promoting positive mental health and wellbeing in our school.

We also have 2 **Adult Mental Health First Aiders** at Pear Tree – Rebecca Warnock and Vicky Farish who have received additional training in supporting adults who may be experiencing mental health difficulties and how to respond in a crisis situation. This is to further support our staff, parents, carers and any other adults linked to our school.

A theme running through all our training has been to share strategies that promote positive wellbeing and mental health and signposting to professional support networks.

Useful links

Below are some links to website and charities that may be able to support should you or someone you know need more information about mental health and wellbeing.

Mind - <https://www.mind.org.uk/>

Information and advice on a huge range of mental health topics.

Young Minds - <https://youngminds.org.uk>

Information and advice for young people on a range of mental health topics.

NHS Moodzone - <https://www.nhs.uk>

Practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally well.

Rethink Mental Illness - <https://www.rethink.org>

Advice and support for carers.

Big White Wall - <https://www.bigwhitewall.co.uk>

Help with a wide range of mental health and wellbeing issues – from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges.

Mind Ed for families - <https://mindedforfamilies.org.uk/young-people>

Advice, support and information for families supporting children and young people.

The National Self Harm Network - <http://www.nshn.co.uk/>

The forum provides crisis support, information and resources, advice, discussions and distractions.

PAPYRUS - <https://papyrus-uk.org/>

Confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.

If there is a specific area you would like further information or support with please do not hesitate to contact us and we can signpost further.