



### SUPPORT AVAILABLE AT SCHOOL

Student Services Team Workers oversee the pastoral welfare of the students. If you would like to speak to a Student Services Team Worker please talk to your form tutor or the school office to arrange an appointment.

- Form Tutors
- Mrs Hart, Mrs Harley, Mrs Shilcock and Mrs Powell - Student Services Team Workers
- Head of Key Stage
- School Counsellor
- Public Health School Nurse
- NHS Wellbeing and Emotional Support Team (WEST)
- Through the Student Services Team Workers they are able to access/refer to other agencies.

If you would like to talk to someone in school or report a concern, but are unable to inform a member of staff or school office please email [studentsupport@fairfield.hereford.sch.uk](mailto:studentsupport@fairfield.hereford.sch.uk) This is a confidential service provided by Student Services Team Workers at Fairfield High School.

### Contacts



### CHECK OUT THESE NATIONAL WEBSITES FOR SUPPORT ONLINE

- **YOUNGMINDS** [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **ANXIETY UK** [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)
- **HEALTH for TEENS** [www.healthforteens.co.uk](http://www.healthforteens.co.uk)
- **MIND** [MIND-info@mind.org.uk](mailto:MIND-info@mind.org.uk)
- **NSPCC** [www.nspcc.org.uk](http://www.nspcc.org.uk)
- **CHILDLINE** 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- **PAPYRUS** [www.papyrus-uk.org](http://www.papyrus-uk.org)
- **SHOUT** Text 85258 [www.giveusashout.org](http://www.giveusashout.org)
- **TEEN SLEEP HUB** [www.teensleephub.org.uk](http://www.teensleephub.org.uk)

### APPS YOU MAY FIND USEFUL

- CALM
- HEADSPACE
- FLORA
- SMILING MIND
- THREE GOOD THINGS
- BALANCE
- HOW WE FEEL
- CALM HARM

There is further advice available on the school website [www.fairfield.hereford.sch.uk/school-life/wellbeing](http://www.fairfield.hereford.sch.uk/school-life/wellbeing) with other services available.



# Supporting Student Wellbeing

POSITIVE MINDSET



## LOCAL SUPPORT IN HEREFORDSHIRE:



**Kooth** is an anonymous, confidential, safe, online wellbeing service offering counselling, information and forums available for young people in Herefordshire.

The service is available every day of the year during the following times:

Between 12 noon to 10pm (Monday to Friday) or  
Between 6pm to 12 midnight (Saturday and Sunday)

Young people can log on to [kooth.com](http://kooth.com) on their smartphone, laptop or tablet.

**Strong Young Minds** Strong Young Minds is a Big Lottery funded project designed to improve the mental health and wellbeing of young people in Herefordshire.

The SYM programme is for young people (10 - 26 yrs) who are disenfranchised, distressed, unemployed, at risk of social isolation, poor achievement and ill health, due to poor mental health and wellbeing.

They work with young people to address issues which can have an adverse effect on their mental health and wellbeing, such as anxiety, depression, eating disorders, self harm, bullying, cyberbullying, relationship breakdown, employability, low self esteem, body image and loss.

01432 269245 or email [symproject@thecldtrust.org](mailto:symproject@thecldtrust.org)  
[www.thesymproject.org](http://www.thesymproject.org)

## Top Tips for Positive Mental Wellbeing

**Talk about the way you feel and build healthy relationships with people.** If you are having a tricky time, talking about how you feel with someone you trust can often help. Spending time around positive and supportive people, means you are more likely to have a better self-image, be more confident and feel able to face difficult times.

**Sleep well.** Poor sleep can impact your mental wellbeing. Negative feelings are likely to be exaggerated and you might find you are more irritable and less confident. Teenagers need more sleep than adults – 9.5 hours a night is ideal!

**Eat well.** Eating healthily has a positive impact on your physical and mental health. Eating healthily and regularly as well as drinking plenty of water can help you to feel more healthy and happy.

**Physical activity.** Physical activity is good for mental wellbeing, particularly if you exercise outdoors. Being active can help reduce low mood and anxiety and boost your self-confidence. It also releases endorphins – ‘feel-good’ hormones that can help improve your mood.

**Do something you enjoy.** Doing something you enjoy can improve your confidence and help you stay well. Make time to do things you like away from technology, whether it’s seeing your friends, drawing, crafting or playing sport.

**Identify mood triggers.** Keeping a mood diary for a week can help you work out what affects your mental wellbeing and notice changes in your mood that would be difficult to spot otherwise. For example, you may realise that being on social media for a long period of time or eating certain foods has an effect on your mood.

**Look after yourself during difficult times.** Everyone has times when they face challenging situations. If you are experiencing a difficult time, or are unwell it’s important to look after yourself. Try to get enough sleep and eat regularly. If you are finding it difficult to cope on your own, don’t be afraid to ask someone you trust for help.

**Learn to accept yourself.** One of the most important steps in staying mentally healthy is to learn to accept yourself. If you value yourself, you are more likely to have positive relationships with other people and find it easier to cope with difficult times.

**Relax!** It’s important to make time to relax, even if you don’t feel under stress. This may mean spending time listening to music or walking the dog. Learning a relaxation technique, such as breathing exercises.



