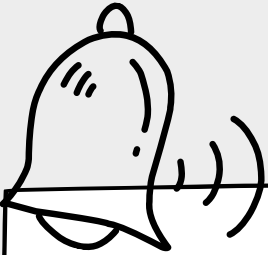


MENTAL HEALTH AWARENESS DAY

This week's theme is Mental Health Awareness as we celebrate Mental Health Awareness on Tuesday 10th October. Students will take part in an assembly ran by the Listening Post who are one of the many services we have in school to support student's with their mental well-being.



WHO ARE THE LISTENING POST?



The Listening Post was set up in 2017, and in the last academic year they supported 270 young people with over 2115 Listening Sessions- working in every secondary school in Darlington.. In Hurworth, we benefitted from 270 hours of support for our students. The Listening Post is run by volunteers and offers students a safe space to talk through their worries.

"I wanted to be able to talk to someone who wasn't family or a friend, as I felt nobody was listening to me. The Listening Post has been a safe space, with no judgement. I have been able to speak about how I have been feeling, as well as being able to laugh at silly stuff. It has been a nice experience for me. I feel a lot less angry, and more calm having been able to talk"

HOW ELSE DO WE SUPPORT STUDENTS WITH THEIR MENTAL WELLBEING?

We have a range of support in school for those struggling with their mental well-being. This ranges from welfare checks with your Head of Year, listening services, targeted intervention work to address issues such as anxiety or counselling. If you are worried about your child's mental health then speak to their Head of Year to discuss the support available.



WHAT CAN I DO TO SUPPORT MY CHILD?



SLEEP PROPERLY

In order to function properly, our bodies require proper sleep and rest. If you feel irritable or emotionally imbalanced, it may be because you are not getting enough sleep.

EXERCISE REGULARLY

Exercise not only keeps your body fit, but it also keeps your mind healthy. A simple walk with your pet or a daily morning stroll is enough. Making it a habit is the key.



CONNECT WITH OTHERS AND GIVE BACK

No matter how busy your life is, make time for your friends and family and socialize with them. Socializing reduce stress levels. Spending time volunteering or helping others is a great way to develop this connect and feel more positive.

DEVELOP NEW HOBBIES

Hobbies keep us active and occupied. Taking part in activities you enjoy increases your emotional well-being when you have an interest in them.



BE MINDFUL

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.



The NHS recommends '5 Ways to Well-Being.'

These are:

- Connect with others
- Keep physically active
- Learn new skills
- Give to others
- Pay attention to the present moment (being mindful)

The advice on this page is based on these principles.