

**As a school we are incredibly fortunate to be working directly with Mind. If you would like to discuss any aspect of Mental Health you can email: [WSA\\_Bilton@cwmind.org.uk](mailto:WSA_Bilton@cwmind.org.uk) or check out their website: [cwmind.org.uk](http://cwmind.org.uk)**

Your health and well-being in this "new normal" is incredibly important. You need to ensure that you stay fit. A great way to start the day is with exercise. Who is attempting: "PE with Joe" every day at 9am? What other workouts are you doing? We would love to see some pictures. Please send your pictures to [office@biltonmail.com](mailto:office@biltonmail.com)

Routine and structure are important for health and wellbeing. Have you got a daily timetable?



The Mind School Fact Website has support for the numerous emotions and issues that we will all be feeling at this time. This fact sheet is available on our website and includes support and guidance on the following:

- Anger
- Anxiety
- Healthy Relationships
- Low Mood and Depression
- Self-Harm
- Suicidal Thoughts and Feelings

### **Coronavirus Financial Help and Rights.**

Martin Lewis' [Moneysavingexpert.com](http://Moneysavingexpert.com) has clear guidance re financial help and rights, covering sick pay, mortgages, rental help, train refunds, energy top-ups and more. Information on this website is updated regularly to help and support in what is anxious and upsetting time.

In a time of social distancing and partial lockdown these sites have supported many in our school community. Have you looked at?

Generic support BBC Bitesize and BBC Teach

You Tube: Sentence Stacking. Jane Considine (suitable for ages 7-12)

[www.whiterosemaths.com](http://www.whiterosemaths.com) (early years to post 16)

[www.themathsfactor.com](http://www.themathsfactor.com) (age 4-11)

Lock Down Larder at 5pm with Jack Monroe @BootStrapCook #JackMonroesLockdownLarder on Twitter what to do with the random ingredients in your kitchen

Techradar.com provides the top 10 virtual tours: see museums and the world without leaving home

Oti Mabuse has daily dance sessions on You Tube at 11.30

### **Stay Safe from Bilton's Character and Culture Team.**

**If there is anything you feel would support our community?**

Please email [Louise.ansell@boltonmail.com](mailto:Louise.ansell@boltonmail.com) or [claire.Francis@biltonmail.com](mailto:claire.Francis@biltonmail.com)



**Anger**

We all feel angry at times - it's part of being human. Anger is a normal, healthy emotion, which we might experience if we feel:

*attacked, deceived, frustrated, invalidated or unfairly treated*

It isn't necessarily a 'bad' emotion; in fact it can sometimes be useful. For example, feeling angry about something can:

- help us identify problems or things that are hurting us
- motivate us to create change, achieve our goals and move on
- help us stay safe and defend ourselves in dangerous situations by giving us a burst of energy as part of our fight or flight system

Most people will experience episodes of anger which feel manageable and don't have a big impact on their lives. Learning healthy ways to recognise, express and deal with anger is important for our mental and physical health.

**Students - Childline 0800 1111**

**Adults - 116 123 / [samaritans.org/wales](http://samaritans.org/wales)**

**Student resource - <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/>**

**Adult resource - <https://www.mind.org.uk/media-a/2962/anger-2018.pdf>**

**Anxiety**

Anxiety is what we feel when we are worried, tense or afraid - particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.

Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes, especially if they could have a big impact on your life. Anxiety can become a mental health problem if it impacts on your ability to live your life as fully as you want to.

**Students - Anxiety UK - 03444 77577 (Mon-Fri) / [Anxietyuk.org.uk](http://Anxietyuk.org.uk)**

**Adults - Anxiety UK - 03444 77577 (Mon-Fri) / [Anxietyuk.org.uk](http://Anxietyuk.org.uk)**

**Student resource - <https://youngminds.org.uk/find-help/conditions/anxiety/>**

**Adult Resource - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/>**

**Healthy Relationships**

We have relationships with anybody that we interact with on a regular basis, this might be a working relationship, family or friends, or a romantic relationship. Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship, but if you find yourself having more bad times than good with a person, this can be a sign of an unhealthy dynamic.

Relationships that are not healthy are based on power and control, not equality and respect. In the early stages of an abusive relationship, you may not think the unhealthy behaviours are a big deal. However, possessiveness, insults, jealous accusations, yelling, humiliation, pulling hair, pushing or other abusive behaviours, are - at their root - exertions of power and control. Remember that abuse is always a choice and you deserve to be respected. There is no excuse for abuse of any kind.

**Students - Safeline - Call: 0808 800 007 / Text: 0780027573 / [Safeline.org.uk](http://Safeline.org.uk)**

**Adults - Live Fear Free Helpline - 0808 80 10 800 / [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)**

**Student Resource - <https://www.childline.org.uk/globalassets/info-and-advice/bullying-abuse-and-safety/abuse-and-safety/relationship-abuse/instructions-for-safety-plan.pdf>**

**Low mood & Depression**

Feeling sad or fed up is a normal reaction to experiences in our life that we feel are difficult or stressful. Usually these feelings pass in due course, however if the feelings interfere with your life and don't go away after a couple of weeks, or if they come back over and over again for a few days at a time, it could be a sign that you're experiencing depression.

Depression is a low mood that lasts for a long time and affects our everyday life. In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make some people experience suicidal thoughts and feelings.

**Support for students - Childline 0800 1111**

**Support for adults - CALL helpline 0800 132 737**

**Student resource - [https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/dealing\\_with\\_teen\\_depression\\_writable.pdf](https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/dealing_with_teen_depression_writable.pdf)**

**<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/depression-feeling-sad/>**

**Self-harm**

Self-harm is the term used to describe when someone intentionally hurts themselves as a way of dealing with difficult feelings, painful memories or overwhelming situation or experiences. Self-harm was previously thought of as attention seeking behaviour where as it is more a form of communication for someone to show that they are struggling. Self-harm therefore is a coping strategy that helps people to manage their emotional hurt or stress. It is important to remember that it is not attempted suicide, but it is something that people do in order to survive.

**Support for students - the mix helpline 0808 808 4994**

**Support for adults - Supportline helpline 01708 765200**

**<http://www.lifesigns.org.uk/>**

**Adult resource - <https://www.mind.org.uk/media-a/2956/self-harm-2016.pdf>**

**Suicidal thoughts and feelings**

Blurb - Suicide is the act of intentionally taking your own life. Suicidal feelings can range from being preoccupied by thoughts about ending your life, or feeling that people would be better off without you, to thinking about methods of suicide, or making clear plans to take your own life. Experiencing thoughts of suicide can be frightening but anyone can experience thoughts of suicide, in fact, an estimated 1 in 5 will experience thoughts and feelings of suicide at some point in their lifetime (time to change). If you are experiencing thoughts of suicide, it's important to know that there is help available. Please take the time to look at the resources below and reach out to talk to someone about how you are feeling.

**Student helpline - papyrus hopeline 0800 068 4141**

**Adult helpline - Samaritans 116 123**

**Student resource - <https://papyrus-uk.org/wp-content/uploads/2019/09/Stay-Safe-Plan-Print-out.pdf>**

**<https://papyrus-uk.org/wp-content/uploads/2018/09/HOPEBOX-resource.pdf>**

**Adult resource - <https://papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf>**

**<https://www.mind.org.uk/media-a/2960/suicidal-feelings-2016.pdf>**