

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

At Slough & Eton we believe that good mental health and strong wellbeing is the basis for a happy and successful life at school and beyond. We know that life is not easy and many of us are experiencing challenges. If your child has a worry that they would like to share in confidence with a School Counsellor or a Learning Mentor they can email wellbeing@slougheton.com. If they would rather speak to somebody who does not know them, there are links on the [Wellbeing & Mental Health](#) page of the school website.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. The Mental Health Foundation has produced a guide [How to Overcome Fear & Anxiety](#).

We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. The charity Mind offers support for people who are affected by the current [cost of living crisis](#). Slough Borough Council has put together some very useful information (available in 6 languages) [Cost of living resource pack – Slough Borough Council](#)

wellbeing@slougheton.com

The Slough & Eton Wellbeing Team

We are here to support students with any aspect of mental health or emotional wellbeing. We can provide specialist, bespoke interventions in school, and if necessary we can find you expert help from outside of school.

You can self-refer to wellbeing@slougheton.com. Your email will be treated as confidential and somebody will contact you within 24 hours (term time).

If you have concerns regarding
The list is not limited to the concerns outlined below

Anxiety • Stress • Confidence • Exam Stress
Image Problems • Sleeping Difficulties

We offer the following & more

1:1 Counselling • 1:1 mentoring in emotional health
Small group work in emotional health • 6th form men's drop in group

Meet the Team

 Miss Kumar Sixth Form Learning Mentor	 Clare Soares Creative Therapist	 Suzie Curtis Counsellor
 Mrs McCulloch Learning Mentor, Mental Health First Aid	 Mrs Holland Learning Mentor Mental Health First Aid	 Mr Khan Teacher

Who's got time to worry about mental health, when you're worried about paying the bills

Having so much to deal with can affect your mental health. Mind can't fix the cost of living crisis, but we can help you feel more able to cope.

If this speaks to you, speak to us.

Visit mind.org.uk/cost-of-living



Mind is a registered charity in England No. 262805