

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 people are experiencing challenges. If you have a worry that you want to share in confidence with a School Counsellor or a Learning Mentor you can email [wellbeing@slougheton.com](mailto:wellbeing@slougheton.com). If you would rather speak to somebody who does not know you, there are links on the [Wellbeing & Mental Health](#) page of the school website, and there are helpline numbers in your planner.

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. Young Minds has lots of information and help for young people who are experiencing [anxiety](#).

Sometimes adults get anxious when it comes to things to do with money and they worry about things like heating or buying food. The charity Mind offers support for adults who are affected by the current [cost of living crisis](#). Slough Borough Council has put together some very useful information for adults (available in 6 languages) [Cost of living resource pack – Slough Borough Council](#). The Mental Health Foundation has produced a guide [How to Overcome Fear & Anxiety](#).

[wellbeing@slougheton.com](mailto: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](mailto: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 • 6<sup>th</sup> form men's drop in group

**Meet the Team**

 Mrs Kumar Sixth Form Learning Mentor	 Clare Soares Creative Therapist	 Stacie 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](https://mind.org.uk/cost-of-living)



Mind is a registered charity in England (no. 26880)