

SECONDARY



Dorset HealthCare
University
NHS Foundation Trust

**MENTAL
HEALTH
SUPPORT TEAM
IN SCHOOLS**

MENTAL HEALTH AWARENESS WEEK: 10-16 MAY



**DID YOU KNOW THERE IS A NEW MENTAL
HEALTH SUPPORT SERVICE IN DORSET? WE
NEED YOUR HELP TO SPREAD THE WORD...**

We thought now was a good time to introduce our service because it is Mental Health Awareness Week!

The theme of Mental Health Awareness Week this year is nature.

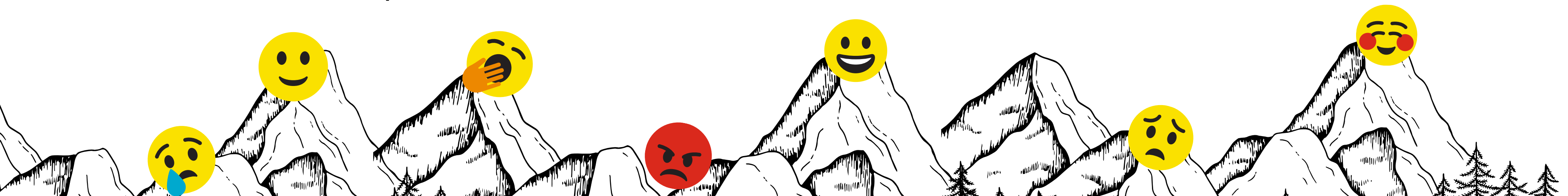
Here we'll talk about how you can look after your mental health to help you to feel good.

SO... WHAT IS MENTAL HEALTH?

Mental health is about how we think, feel and act. Just like physical health, everybody has it and we need to take care of it.

Good mental health can help you to think positively, feel confident and act calmly. If you have poor mental health, you might find that the way you're thinking, feeling or acting becomes difficult to cope with.

Our mental health is on a spectrum, so it can range from good to poor throughout our lives. It's like when you go for a walk in the countryside: there are peaks and troughs, ups and downs, and this is entirely normal and ok. It is important to know how to look after ourselves.



NATURE AND WELLBEING

A good way to understand the importance of looking after ourselves is using the example of an ecosystem.

Ecosystems, such as tropical forests or the great barrier reef, are made up of living beings such as trees, plants and animals that live and interact with each other.



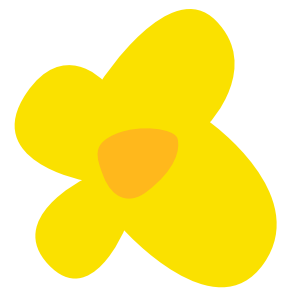
ILLUSTRATION BY RACHEL IGNOTOFSKY



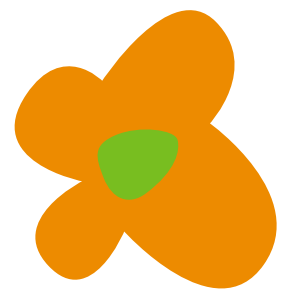
NATURE AND WELLBEING

These ecosystems can be affected by physical or chemical components which, in turn, impacts the living beings within it.

For example, if it stops raining for long periods this will impact the living beings within the ecosystem. The trees and the plants will be unable to thrive and so cannot offer food or shelter to the animals.




So just like ecosystems within nature, we have our own internal and external ecosystem. Our external ecosystem is our wider network (school, clubs, friends) which can help us in times when we feel stressed, sad, worried or anxious.

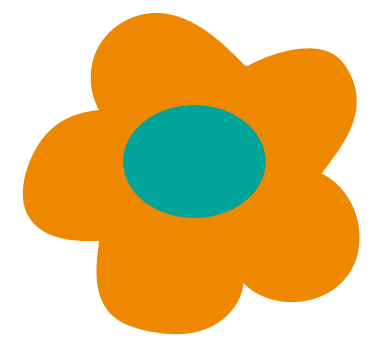
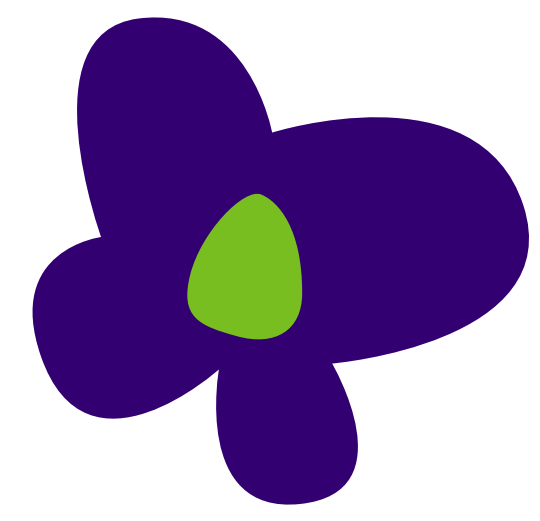


Our internal ecosystem is how everything works in our body. There are things your internal ecosystem needs for you to feel good. For example, it is important that we get out in nature, sleep well, stay active, have a good support structure in place and most importantly, have fun!





**ECOSYSTEM OF
HAPPINESS AND
WELLBEING**



STAY ACTIVE

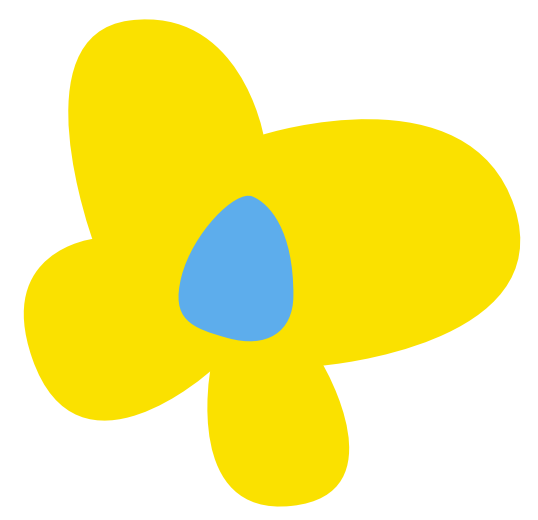
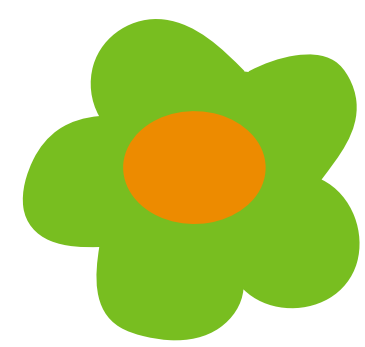
HAVE FUN

EAT WELL

SLEEP WELL

**HAVE A GOOD
SUPPORT NETWORK**

**SEEK SUPPORT
IF YOU NEED IT**



IF YOU NEED SUPPORT:

Sometimes you need help when things are not going right in your life - that's when we can support you. We are also part of your ecosystem.



MHST in Schools are here to create a positive Whole School Approach to mental health. We offer: assemblies, PSHE lessons, group work and 1-1 support where an Education Mental Health Practitioner can meet with you to help put strategies in place to make you feel better. Speak to a teacher for more information.



Kooth.com is an online mental wellbeing community with free, safe and anonymous support.




Connection is a 24/7 helpline run by Dorset Healthcare. The number is 08006520190 or you can access it by calling 111.



Shout is free 24/7 mental health text support. Text 85258 for help and advice.





REMEMBER, YOUR #MENTALHEALTHMATTERS

FOLLOW OUR SOCIALS FOR MORE TIPS &
RESOURCES ON KEEPING MENTALLY HEALTHY



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TWITTER

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INSTAGRAM

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