

Mental Health and our well being



How well do you feel today? How does this compare with every other day?

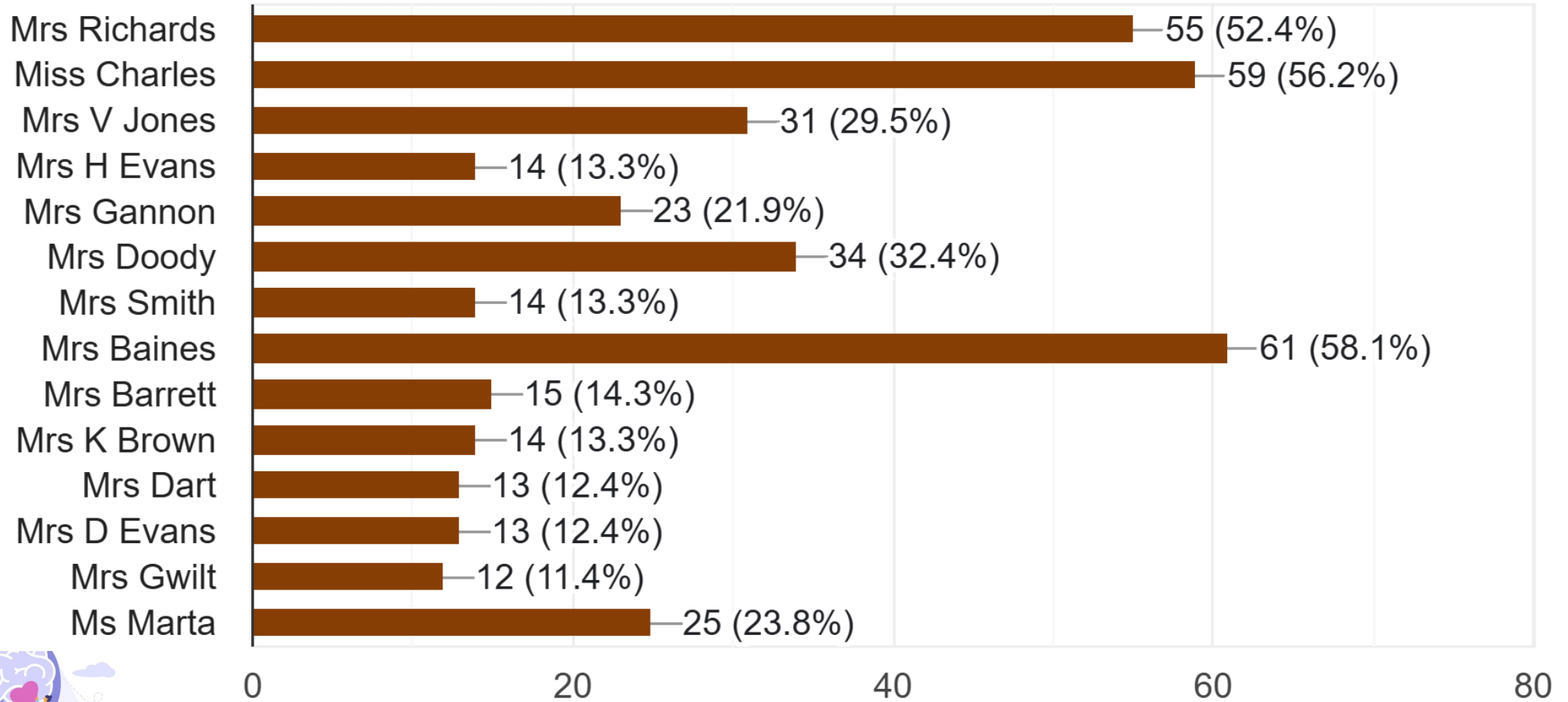


- Mental health includes our emotional, psychological, and social well-being. It **affects how we think, feel, and act**. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Survey Results

Are you aware that these staff are Mental Health First Aid trained in Welshpool High School ?

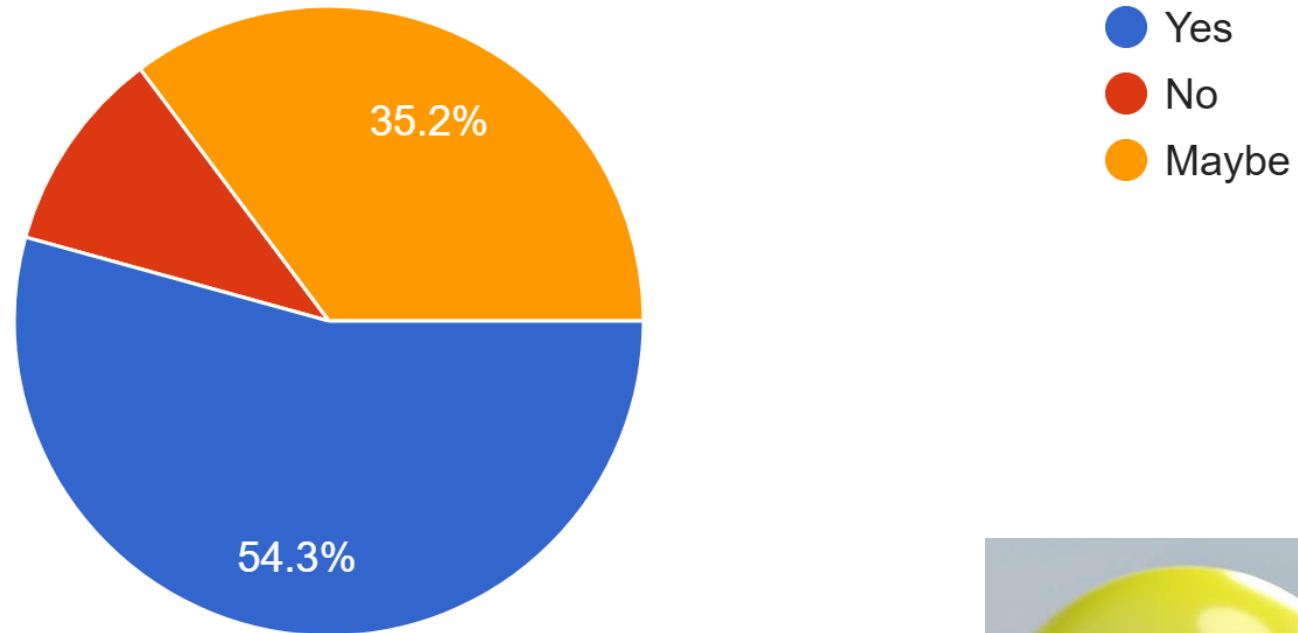
105 responses



Survey Results

Do you feel you understand what mental health concerns means?

105 responses



Survey Results

Some responses to what you felt poor mental health might mean

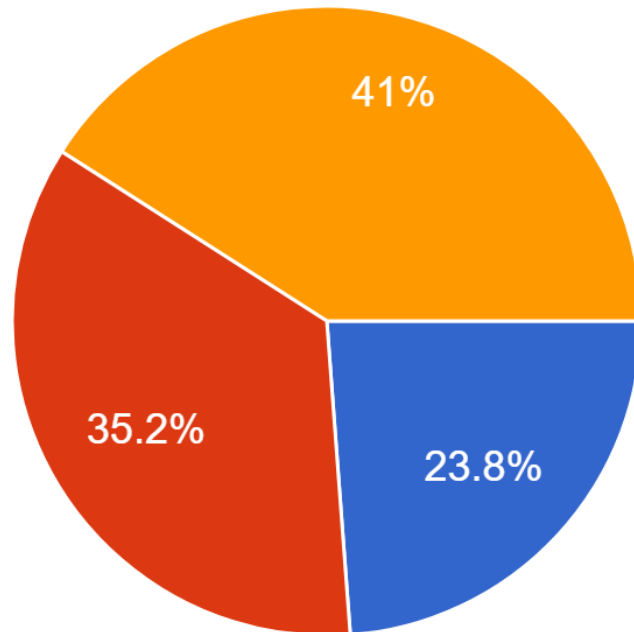
- Depression Anxiety Stressed Out
- If mental health is bad it could lead to suicide
- Messes with your head
- Mental health problems is when you don't feel right mentally.
- Your mental Health is how you feel inside
- When people struggling and they don't want to talk about it
- When your brain isn't feeling very well
- It affects your life
- Mental health is when someone is worried/scared about things like PTSD (post traumatic stress disorder)
- Mental health is where people get distressed a lot on a day-to-day basis.
- Your brain's way of thinking



Survey Results

Would you feel comfortable or confident in speaking to a member of staff in school about your Mental Health?

105 responses



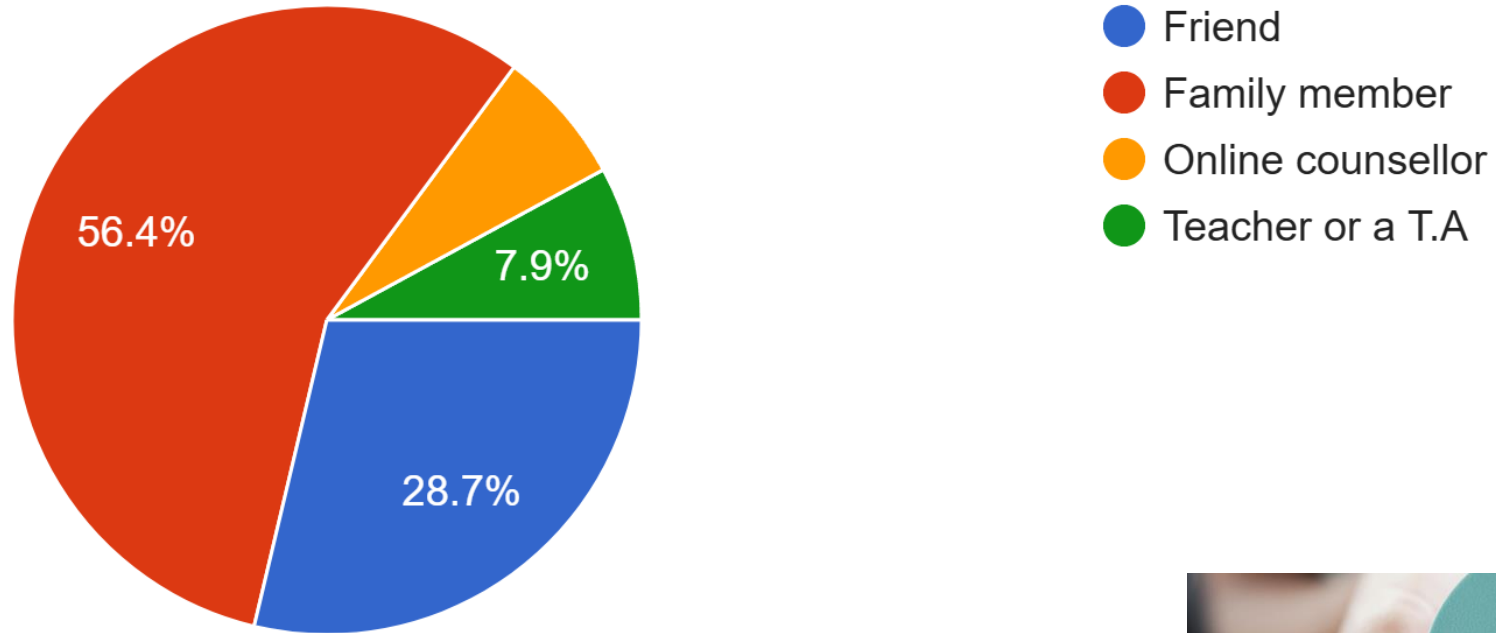
- Yes
- No
- Maybe



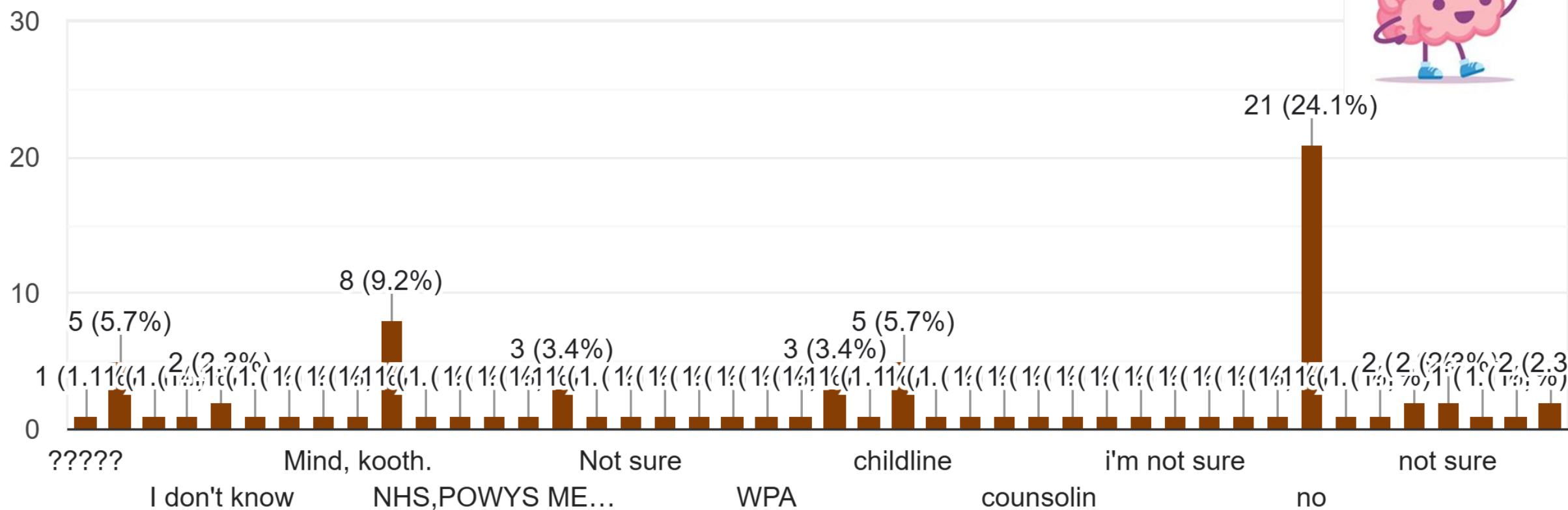
Survey Results

If you had any M.H or wellbeing concerns would you prefer to speak to:

101 responses



Do you know where you can access online help to support mental health? Can you name any organisations?



What can poor mental health feel or look like ?

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Disconnected

low self-esteem/ feeling
worthless

Angry

Irrational
thoughts

Persistent
sadness

Poor physical health

Anxiety

Depression

Low energy/exhaustion

Constantly
stressed/always
worrying

Poor Sleep

Weight/appetite change

No longer
enjoying
activities

Self harm

Drastic change in
behaviour

Unhealthy coping
mechanisms/addiction
(game, sweets etc or
substance use.)

Mental health first aiders who are we?



Mental health first aiders.

How can we help ?

In the same way as we use physical first aid, Mental Health First Aiders are trained how to recognise those crucial warning signs of mental ill health.

We are here to:

- Spot the early signs of a mental health issue
- Provide support without judgement
- Help prevent someone from hurting themselves or others
- Help stop a mental health issue from getting worse
- Guide someone towards the right support
- Reduce the stigma of mental health issues



FREE URGENT MENTAL HEALTH SUPPORT IN WALES

shout
85258

Text SHOUT
to 85258

SAMARITANS

116 123
www.samaritans.org/wales
✉ jo@samaritans.org

C.A.L.L.

0800 132 737
Text help to 81066
www.callhelpline.org.uk
Community Advice &
Listening Line

DIAL 999 IN
LIFE-THREATENING
EMERGENCIES

**I'M NOT
COPING
AND I NEED
URGENT
HELP**

Staying Safe 4 Mental Health
from suicidal thoughts

www.stayingsafe.net
Create your own "Safety Plan"
for when you feel overwhelmed

ChildLine
0800 1111

For children aged under 19
www.childline.org.uk

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
www.thecalmzone.net
5pm-midnight
every day

PAPYRUS
PREVENTION OF YOUNG SUICIDE

0800 068 41 41
For people aged 35 and under Text 07860 039967
9am-midnight every day
www.papyrus-uk.org
✉ pat@papyrus-uk.org

YOUNGmINDS

For children & young people
Text YM to 85258



SCAN THE QR CODE FOR
AN INTERACTIVE COPY

Created by Anna Matthews
September 2022

Telephone and online support.

mind
Mid and
North Powys
Canolbarth a
Gogledd Powys

Are you 11-15?

Do you feel anxious?

Are you worried or feeling sad?



Join our safe, supportive and
friendly group and talk to
people who will understand.

For more info call Lorna:

 07947106804

@ youth@mnpmind.org.uk

Every Monday

5pm - 6pm

Online on Zoom



Registered Charity Number: 1167840



Young Minds Messenger

YoungMinds' Textline offers free, 24/7 text messaging support for under 25s, 24/7, wherever you are in the UK. If you need someone to talk to about how you're feeling.

Text **YM** to **85258**



Kooth is a free online service
offering emotional
and mental health support
for children and young people

www.kooth.com

Worried about how you're
feeling?



Check out youngminds.org.uk/find-help

YOUNGMiNDS



CALL Mental Health Listening Line

CALL provides a confidential mental health listening and emotional support line which is open 24/7. CALL can also signpost to support in local communities and a range of online information.

Call now on **0800 132 737**

Text '**help**' to **81066**

Or visit www.callhelpline.org.uk



Shout

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Shout is powered by a team of volunteers, who are at the heart of the service.

Text '**shout**' to **85258**

Or visit www.giveusashout.org

Samaritans

SAMARITANS

If you are having a difficult time, or if you are worried about someone else. whatever you're going through, a Samaritan will face it with you.

Samaritans are open 24 hours a day, 365 days a year.

Call now on **116 123**

Email jo@samaritans.org

Or visit www.samaritans.org



PAPYRUS (prevention of young suicide, for people under 35 and those who support them)

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact HOPELINEUK.

Open 9am–12am (midnight) every day of the year:

Call on **0800 068 4141**

Email: pat@papyrus-uk.org

Find help and advice at www.papyrus-uk.org

Don't face things on your own

