



STUDENT WELLBEING MATTERS

Ripley St Thomas CE Academy Student Wellbeing Newsletter



Summer is finally here!

Welcome to the final edition of the Student Wellbeing Newsletter for this school year. This newsletter is the shortest one yet but with the important purpose of:

- asking for your feedback on the newsletter by completing the [feedback survey](#) (2 mins)
- ensuring that you have the **relevant mental health and wellbeing contact information** over the summer should you need it
- providing you with a Summer Self-Care Booklet to help you maintain a routine and look after your own wellbeing
- **wishing you a safe and enjoyable summer holiday!**

We hope you have found the content of these newsletters engaging and useful. We would love to find out your views to help us improve it for the future so please take two minutes to complete our [feedback survey](#). We don't ask for your name in this survey, and all answers will be treated in confidence. This means that no one will know your answers belong to you.

Have a great summer and if you need to contact us, please use the email address: wellbeingmatters@ripley.lancs.sch.uk

LOOK AFTER YOUR MENTAL HEALTH & WELLBEING



FIVE WAYS TO WELLBEING

Connect



Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.

Be Active



Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.

Take Notice



Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

Keep Learning



Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.

Give



Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing

SUPPORT SERVICES



The Ross Centre,
Euston Road,
Morecambe
Tel: 01524 550650
Monday -Friday
09:00 - 17:00hrs



shout
85258
here for you 24/7



HOPELINEUK
0800 068 41 41

SAMARITANS
Call us free 24/7 on
116 123
samaritans.org

YOUNGMINDS
fighting for young people's mental health

Lancashire Care Wellbeing & Mental Health Helpline

Tel: 0800 915 4640



Monday -Friday 19:00hrs - 23:00hrs
Saturday - Sunday 12:00hrs - 00:00hrs

Useful Websites



Anxiety UK - www.anxietyuk.org.uk
BBC Headroom - www.bbc.co.uk/headroom
CAMHS - camhs-resources.co.uk
Chasing the Stigma - www.chasingthestigma.co.uk
Childline Toolbox - <https://childline.org.uk/toolbox>
Every Mind Matters - www.nhs.uk/every-mind-matters
Get Self Help - www.getselfhelp.co.uk
Healthy Young Minds - www.healthyyoungminds.co.uk



Kooth - www.kooth.com
Lancashire NHS Mental Health Crisis Line - www.lscft.nhs.uk/Crisis
MIND - <https://www.lancashiremind.org.uk/>
MindEd - www.minded.org.uk
No Panic - www.nopanic.org.uk
NSPCC - www.nspcc.org.uk
PAPYRUS - www.papyrus-uk.org

WHO TO CONTACT FOR ADVICE AND SUPPORT

THE WELLBEING & MENTAL HEALTH TEXTING SERVICE



NHS
Lancashire &
South Cumbria
NHS Foundation Trust

A confidential and anonymous service that aims to support Wellbeing and Mental Health by providing emotional support to those who may prefer to communicate via text.

Experiencing any of the following? 😞



Bullying



Parental conflict



Loneliness



Mental health problems



Sexuality challenges



Suicidal thoughts



Abuse



Self-image issues



Self-harm

We are here to help 😊❤️

Text **HELLO** to

07860 022846 📞 SOS



Scan Me!

APPS FOR YOUR PHONE



Mindshift



MindShift app is designed to help young adults cope with anxiety, by acting as a portable coach that guides you through challenging situations.

5 Minute Relaxation



Do you feel stressed and anxious? Do you crave a moment of peace and relaxation? This app will help you feel calmer and more relaxed in just 5 minutes.

STOPP



Help stop the vicious cycles of depression and anxiety, and other repetitive behaviours such as negative thinking, worry, drinking, smoking, gambling, aggression, self-harm etc.

Calm



Explore hundreds of meditations to help you relax. You'll receive an original Daily Calm along with new sleep stories, meditation and music programmes.

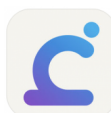
Headspace



HEADSPACE

Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills to help cope with sadness, anger, and adapting to change.

Calm Harm



Calm Harm provides tasks that help you resist or manage the urge to self harm. Add your own tasks too and it's completely private and password protected.