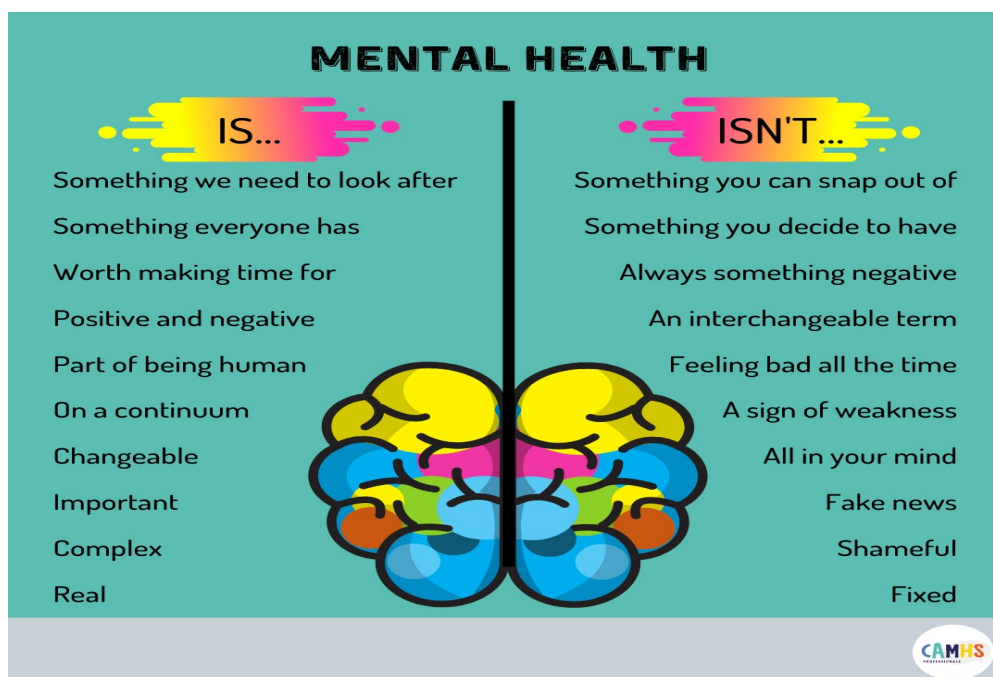


## Mental health and wellbeing at John of Gaunt school.

Definition of mental health: **Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community**



We should look after mental health as much as we should look after our physical health. We all have days when we don't feel as positive as others and there are lots of things we can do to help ourselves feel better such as:

- Connect with other people
- Be physically active
- Learn new skills and be creative
- Give to others
- Pay attention to the present moment (mindfulness)

### Where can I get support?

There might be times when we may need some support to help us with how we are feeling. We will always advise you to talk to your parent and carers if there is something that is worrying you, but sometimes this might feel difficult. In school your Tutor, Head of Year and Pastoral leads are all there to support you with how you are feeling.

In addition to this, here are also lots of resources and services available for young people to support you with any concerns or worries you may have.



ACTION FOR HAPPINESS