



RISE MHST

Mental Health in Schools Team (MHST) Tips For Wellness:

TALKING

We can't always see when people are struggling, and people may not be able to see when we are struggling too. A good place to start is by asking people how they are feeling and letting them know how we are feeling, so we can help each other! Try to talk to someone who you trust, such as a family member, a friend, staff in school, or a mental health professional.

Remember, you are not a burden by asking for support with your feelings, there is always someone who will want to help. There is also no shame in wanting to speak with someone about your feelings, we all need to do it sometimes and it shows you are brave!

Our tips for talking:

1- Talking can be difficult, so try writing down your thoughts and feelings or draw a picture instead, then give this to someone you trust to start the conversation.

2- You could agree to have a 'safe word' to use with someone, which signals that you would like to talk. For example, you may agree with a family member or teacher that when you say 'bananas!' you would like to share something with them. Make sure they hear you say it, or write it down instead.

3- Draw your handprint, and on each finger, write someone's name who you could speak to if you needed to talk about something.

4- Write down a list of ways you could support someone if they were talking to you about worries or sad feelings they were having.



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MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.