



## Wildern Wellbeing

As we head towards Autumn and the colder months, it is important to make sure we keep safe especially as the nights begin to draw in.

### **World Mental Health Day is on 10th October and this years theme is Mental Health in an Unequal World.**

Being mentally healthy doesn't just mean that you don't have a mental health problem. If you're in good mental health, you can:



Make the most of your potential



Cope with life



Play a full part in your family, workplace and among friends

Some people call mental health 'emotional health' or 'well-being' and it's just as important as good physical health.

Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.

Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.

There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling.

Many Thanks

Mrs Dunn

Head of Student Services

[www.mentalhealth.org.uk/campaigns/world-mental-health-day](http://www.mentalhealth.org.uk/campaigns/world-mental-health-day)

Awareness  
Illness  
Ashamed  
Depression  
Mental Health  
Anxiety  
Discrimination  
Stigma  
Treatable  
Anxiety

**October is Domestic Violence Awareness Month, click on the useful websites below for advice, guidance and signposting.**



**Domestic Violence UK** [www.domesticviolenceuk.org](http://www.domesticviolenceuk.org)  
Information, support and raise awareness on the issues of domestic and emotional abuse.



**National Centre for Domestic Violence & Abuse** [www.ncdv.org.uk/male-domestic-violence-awareness-week/](http://www.ncdv.org.uk/male-domestic-violence-awareness-week/)  
A free, fast emergency injunction service to survivors of domestic abuse and violence.



**Refuge** [www.refuge.org.uk](http://www.refuge.org.uk)  
They reach out to abused women and children, breaking their isolation and helping them to access life-saving support – as well as raising awareness of domestic violence and violence against women and girls amongst the public.



October is quit smoking month, for advice, guidance and support on quitting smoking visit the NHS website [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)



# Hampshire and IOW CYP Crisis Line

Monday, Tuesday, Wednesday and Thursday 3:00pm to 8:30pm

Telephone and email support  
for Children and Young  
People aged 11 – 17 years old.

Who are experiencing  
mental health crisis and  
living in Hampshire or the  
Isle of Wight.



Immediate access to...

- One to one confidential, emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites



Freephone: 0300 303 1590  
[cypcrisisline@easthantsmind.org](mailto:cypcrisisline@easthantsmind.org)



Lots of young people find getting to sleep, staying asleep or waking up a real problem. Disrupted, broken or insufficient sleep can really impact on people's mood and ability to cope with daily life.

Visit the CAMHS website for some top tips for a good nights sleep,  
[www.hampshirecamhs.nhs.uk/help/young-people/sleep/](http://www.hampshirecamhs.nhs.uk/help/young-people/sleep/)

**Worried about your  
child?**



If you're worried about a child, even if you're unsure, you can speak to NSPCC about your concerns.

Whether you want to report child abuse and neglect or aren't sure what to do, they will listen, offer advice and support and can take the next steps if a child's in danger.