

## Wellbeing Wednesday

Welcome to this week's edition of Wellbeing Wednesday. 18-24<sup>th</sup> May is Mental Health Awareness week. You will find links to the work that the Mental Health Foundation are doing in this leaflet.

Our virtual assemblies this week are also based on 'Kindness' which is the chosen theme for this year.

## Mental Health Foundation

[Mental Health Awareness Week 2020](#)

There is a lot of great advice and guidance around MH in the link above. This includes:

Supporting Young Minds

A-Z of Mental Health

Stories

Podcasts and Videos



The Mental Health Foundation advises that learning a new skill is great for our minds, especially to help us at times of isolation. The British Red Cross have a great online first aid course that would be perfect! Link below:

[First aid champions](#)



Good mental health for all





## Contacting School

If your child is unwell and cannot complete work set by school, please contact the absence line at [absence@wildern.org](mailto:absence@wildern.org)

## NHS Hampshire & IOW CYP Crisis Hotline

A newly commissioned Crisis Line opened on Monday 4th May for children and young people aged from 11-17 years in Hampshire and the Isle of Wight.

**Freephone 0300 3031590**

**Mon-Thurs 3-8:30pm**

[NHS Crisis Booklet](#)

## Random Acts of Kindness

To support the theme this year, why not try some of these **Random Acts of Kindness** as suggested by the Mental Health Foundation:

- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Arrange to have a cup of tea and virtual catch up with someone you know
- Arrange to watch a film at the same time as a friend and video call
- Send someone you know a joke to cheer them up
- Support a charity



## “Every Mind Matters, Every Student Counts”

### Mind

Mind, the mental health charity, have loads of information and fun things to do to promote Mental Health Awareness week.

These include some great templates to use on your 'Instagram' or 'Facebook' feeds if you are on them as well as a 'Tik Tok' challenge.

For those of you not old enough for these or not on social media, there are loads of other fun ideas to help raise awareness

Follow the link:

[Mental Health Awareness Week](#)