

World Mental Health Day



Monday 10th October is World Mental Health Day.

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is:

'Make mental health and wellbeing for all a global priority'.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.



Mental Health awareness.

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



Talk about your feelings



Keep active



Eat well



Take a break



Drink sensibly



Keep in touch



Do something you're good at



Accept who you are



Ask for help



Care for others



Mental Health Foundation

mentalhealth.org.uk

Why is it important to be aware of mental health issues?
Watch the clip discuss the issues that affect the celebrities with the person sat next to you
Why was it important for them to speak out?



[WATCH THIS CLIP](#)

Where can you get support from?

24/7 & Late Night Helplines



For young people

YoungMinds

Are you a young person in crisis?

Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.

text YM to 85258

YOUNGMINDS

The Mix

Do you need help now?

Crisis messenger text service provides free, 24/7 crisis support

text THEMIX to 85258

THE MIX

Papyrus

PAPYRUS

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and advice.

Call 0800 068 4141

9am - midnight every day of the year

CALM

calm

A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Call 0800 58 58 58

5pm - midnight every day of the year

Samaritans

Whatever you're going through, you can call anytime from any phone for FREE.

Call 116 123



**YOUTH
INSPIRED**



Mental Health support



The Samaritans can be contacted by phone or email and are there to listen 24/7

Call 116 123 from any phone or email jo@samaritans.org

YOUNGMINDS The YoungMinds Crisis Messenger is a free 24/7 UK wide service
If you are in crisis, **text YM to 85258**

Find out more at youngminds.org.uk/contact-us

**CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM**

THECALMZONE.NET

Calm run a helpline & webchat to support men who need to talk or find information

It is open 5pm - midnight, every day

**Call 0800 58 58 58 nationwide
or 0808 802 58 58 from London**

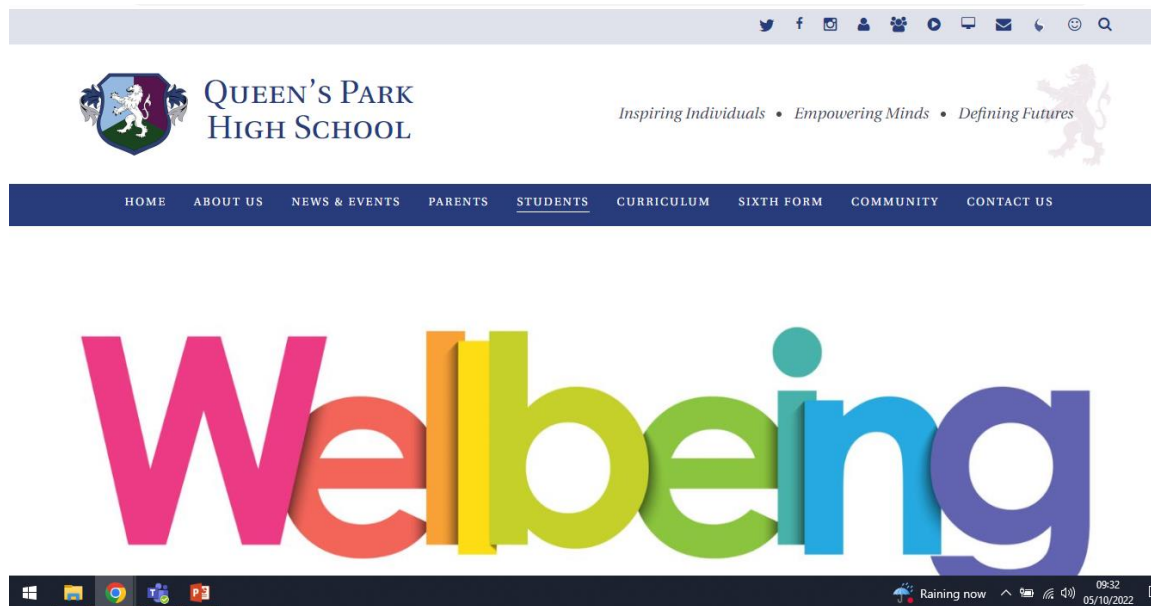
Or visit www.thecalmzone.net/help/get-help/

THE MIX Free, confidential support for young via online, social and mobile.

Visit www.themix.org.uk/get-support to find out more

Queen's Park High School Website contains lots of useful information 😊

STUDENTS → MENTAL HEALTH AND WELLBEING



SPEAK to your Parents / Group Tutor / Key Stage / Assistant Key Stage Lead / Members of the Pastoral Team ... we are here to **LISTEN and SUPPORT**