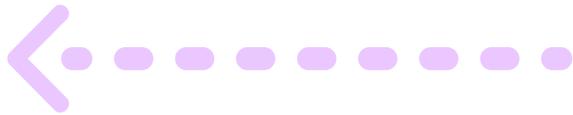


# How to support your wellbeing

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They also prevent some problems from developing or getting worse. Take a look at 5 ways to Wellbeing for tips you may find helpful.



## Who can I contact for support?

In school you can speak to our Wellbeing Co-ordinator, **Mrs Bentley** or **Miss Scholes**, our Senior Pastoral Lead.



# Support in School

Here at The Boulevard Academy, we aim to promote positive mental health for every student and making sure that they have the 'tools' to cope with difficulties. We use a wide range of support including a whole school approach, in school pastoral support, specialist targeted wellbeing interventions and targeted external services.

Some of the support we can offer in school covers:

- Low self-esteem and confidence
- Managing feelings
- Stress and anxiety within school
- Changes in behaviour such as becoming withdrawn, risk taking and disruptive
- Family issues such as separation or loss
- Eating disorders
- Body image
- Bereavement

If you feel that you need support in any of the above areas please speak to a member of staff.



# The Boulevard Academy

## Wellbeing & Mental Health

### CONTACT US

01482 217898

[wellbeing@theboulevardacademy.com](mailto:wellbeing@theboulevardacademy.com)

@tbaWellbeing on Twitter

# 5 Ways to Wellbeing

## Connect

Connecting with people is a great way to remind ourselves that we're important and valued by others.

## Be Active

Regularly engaging in some form of exercise looks after our mental and physical health at the same time.

## Take Notice

Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

## Keep Learning

Learning new things is a good way to meet new people and boost our self-confidence, which in turn improves our mental health and wellbeing.

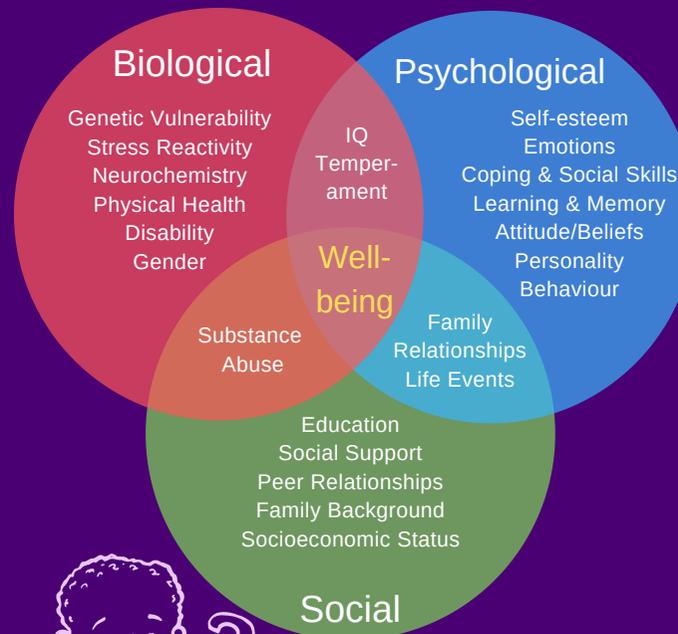
## Give

Research has found a link between doing good things and an increase in wellbeing.

# What is Mental Health?

We all have mental health. Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change and fluctuate on a daily basis and over time, and can be affected by a range of factors.

Factors that can affect your mental health:



# Signs of Poor Mental Health

Mental health problems can have a wide range of causes. It's likely that for many people there is a complicated combination of factors although different people may be more deeply affected by certain things than others. Below are 9 signs that you may need more support for your mental health.

-  Feeling anxious or worried
-  Quiet or Withdrawn
-  Emotional Outbursts
-  Feeling guilty or Worthless
-  Feeling depressed or unhappy
-  Substance abuse
-  Changes in behaviour or feelings
-  Weight or appetite changes
-  Sleep problems

 If you think there is an immediate risk of suicide or self-harm, dial 999

If you're concerned about a friend or loved one, ask them how you can help. The first step for them should be to see a doctor or other healthcare professional.