



Mental Health in Schools Team Tips For Wellness



Youth Mental
Health Day

Friday 19th
September 2025

Share Support

This year the theme for Youth Mental Health Day is #ShareSupport. This means speaking openly with others about mental health, whether it is sharing own experiences or listening to and supporting someone else with their experiences. Sharing in this way can help us to reduce the stigma around seeking support for mental health and can help everyone to feel less alone.

How to share support:

- Ask “how are you?” – sometimes a simple question can help someone to open up about how they are feeling.
- Be kind and listen when others are sharing their experiences.
- If you notice someone struggling, try suggesting something that has helped you with your mental health before.
- Encourage others to seek further help if they need it. This could be speaking with someone in school or another professional.

Remember...

- You don't have to have all the answers! Sometimes listening is enough to help someone feel supported.
- It is okay if someone does not want to share with you. They may not be ready to open up, but starting a conversation could make them more likely to in the future.
- Supporting others can bring up a range of emotions. Remember to seek support for yourself if you have found any conversation particularly difficult.

How to share
support – A
guide by Stem4



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.