



Mental Health in Schools Team Tips For Wellness



Be Helpful

Being helpful means doing something kind for someone else — like sharing, listening, or offering a hand — even in small ways. When you help, your brain feels safe and happy. It teaches empathy, kindness, and gratitude — all great for mental health!

Why being helpful is good for you:

Boosts your mood: Helping others releases feel-good chemicals in your brain.

Builds Confidence: You'll feel proud and capable when you make a difference.

Creates Connection: Helping brings people together and reduces loneliness.

Reduces Stress: Focusing on others can calm your mind and improve wellbeing.

Our Top Tips For Being Helpful:

- 1. Start Small** – You don't have to do something huge – even small acts of kindness matter! Holding a door, sharing a smile or helping with a chore all count.
- 2. Listen First** – Sometimes the best way to help is to listen and being there for someone who needs to talk.
- 3. Spread Positivity** – Compliments, encouragement, and gratitude go a long way. They make everyone feel good!
- 4. Make it a habit** – Try to do one helpful thing every day. The more you practice kindness, the more natural it feels!
- 5. Work as a team** – Helping doesn't mean doing everything alone. Teamwork makes helping fun and easier for everyone.
- 6. Reflection time** – After helping someone, take a minute to think: How did it make you feel? How did it help the other person? What did you learn about kindness?

Examples of how to help others:

- Sit with someone who is alone at lunch time
- Give family or friends a kind note to brighten their day
- Help your neighbour to take their shopping in
- Offer to tidy the classroom or help your teacher hand out resources

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.