



Mental Health in Schools Team Tips For Wellness



Friendship

Friendships are so important for our mental health, as they help to build our self-esteem, give us a sense of belonging and give us opportunities to share fun and happy experiences with others. We can also speak to our friends for support, or they can help to distract us through tougher times. Connecting with others is one of the NHS **5 ways to wellbeing**; the 5 types of activities we need to be doing to promote our wellbeing!

Our tips for friendship:

- **Listen and pay attention** – this makes others feel valued and heard.
- **Celebrate their wins** – be happy for your friend when they succeed and celebrate with them, this makes them feel loved.
- **Support them** – this may be by just listening to them or helping them to find solutions to their problems.
- **Have fun together!** – making memories together makes friendships stronger, maybe try out a new hobby together!



Scan QR code
to find out more
about
connecting with
others

This week is also '**Loneliness Awareness Week**'. Use this week to connect with others and make new friendships. You can do this by:

- Saying 'Hello' to a new person in the playground.
- Letting a new person join in with your game.
- Sharing something about yourself to start a conversation.
- Offering to help someone with something.

Loneliness
Awareness
week 9th-15th
June

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.