

## Top Tips for Keeping Well

- ✓ Be active and exercise
- ✓ Get plenty of sleep
- ✓ Talk about your feelings
- ✓ Ask for help
- ✓ Take time to relax
- ✓ Do something you enjoy
- ✓ Care for others
- ✓ Eat a balanced diet

## Useful websites

- [Youngminds.org.uk](http://Youngminds.org.uk)
- [Childrenssociety.org.uk](http://Childrenssociety.org.uk)
- [Childline.org.uk](http://Childline.org.uk)
- [Kooth.com](http://Kooth.com)

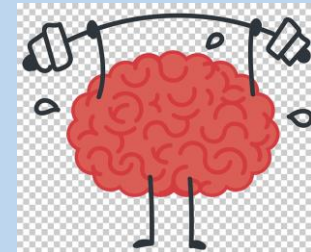
Speak to your teacher if you think we could support you

YOUR  
MIND  
MATTERS



Mental Health Support Team working in your school

Children and Young People 5-18 years



What can an Education Mental Health Practitioner help me with?

- Worry Management
- Low mood
- Exam stress
- Difficulties with emotions
- Anxiety
- Coping strategies
- Sleep Hygiene
- Problem Solving

## How can we help you?

We will be offering support by;

- 1-1 support working with you over a period of 6-8 sessions
- Small group sessions
- Whole class education/promotion
- Working closely with your teachers, parents or carers.
- School staff workshops
- Whole School assemblies

## WHO ARE YOUR EDUCATION MENTAL HEALTH PRACTITIONERS?

We are a mental health support service working with children and young people in schools in Shropshire and Telford and Wrekin.

Speak to your teacher to find out more!



*"Mental health is like the weather, it is forever changing. Some days the sun will shine, and I will enjoy the warmth. Other days the rain may pour, and I will need to put my umbrella up."*

-Adapted from a young person's thoughts on mental health

## The Bee U Partnership

Bee U is the 0-25 Emotional Health & Wellbeing Service based in Shropshire and Telford & Wrekin.

Bee U is made up of:



Drop-in and online services are available as well as Young People and Families Mental Health Service (previously CAMHS) to give help, advice, and risk support.