



Mental  
Health

# Enabling Youth Voice

- Your voice is so important so let's make a difference for everyone
- St Joseph's and Newport Mind a partnership that





# #breakthestigma

## Mental health

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Let's start by preventing stigma because everyone has mental health. It's fine to talk and seek help if you need it.

# Mental health

- Aims

- To understand what 'Enabling Youth Voice' is
- To understand what we mean when we talk about mental health and wellbeing



# Mental Health

- What is “Enabling youth voice”?
- Do you know how you can make a difference to mental health in our school?
- Do you have ideas but don't know how to share them?
- Over the next 4 weeks, we'll learn about how you can have your say and make a change to mental health in school.





# Mental Health

- Mental health and wellbeing
- We all have mental health, and just like with our physical health, there's lots we can do to look after it.
- If you have good mental wellbeing you are able to cope with the stresses of daily life, and adapt and manage in times of uncertainty.
- If you experience low mental wellbeing over a long period of time, you are more likely to develop a mental health problem.



# Mental Health

- How do you look after your wellbeing?
- <https://youtu.be/yF7Ou43Vj6c>
- 5 Ways to good wellbeing 1.20mins
- <https://youtu.be/AUWhdmKyOE8>
- Getting advice 2mins
- [https://youtu.be/DAf-tvSI\\_2Y](https://youtu.be/DAf-tvSI_2Y)
- MIND's Elefriends there to help 1min
- [https://youtu.be/JJd-9\\_D9bvE](https://youtu.be/JJd-9_D9bvE)
- Elefriends Getting active 1.50 mins



# Mental Health



**ChildLine**



**0800 1111**



- **Signposting**
- Getting support
- If you want to talk to someone about your mental health today, Childline offers free confidential counselling 24 hours a day.
- You can call them on 0800 1111 or go online to chat one-to-one with a counsellor at [childline.org.uk/get-support](https://childline.org.uk/get-support)