

# Wellbeing Newsletter

## December 2022

### Meet the Team

#### Miss Groom: Mental Health Lead



My role is to make sure that Heathlands is a mentally healthy school.

I support the whole school community including children, staff and parents to improve their own wellbeing and mental health.

I also help those who are struggling with mental ill-health to find support.

#### Mrs Williamson :Pastoral lead



My job is to support our children and their families in with the range of problems they face.

These include mental health issues, family breakdown, behaviour, bereavement, financial issues, housing problems and many more.

I will help however I can and contact specialist support when needed.

If there is anything you need help with, you can contact us by leaving a message with the school office and we will get back to you as soon as we can.

### Types of Self-Care

<b>Physical</b>  Sleep Stretching Walking Exercise Nutrition Yoga	<b>Emotional</b>  Stress Management Coping Skills Compassion Therapy Journaling	<b>Social</b>  Boundaries Support System Positive Social Media Communication Friends	<b>Spiritual</b>  Time Alone Meditation Prayer Nature Sacred Space
<b>Personal</b>  Hobbies Creativity Goals Identity Authenticity	<b>Space</b>  Safety Healthy Environment Stability Clean Space	<b>Financial</b>  Saving Budgeting Money Management Paying Bills Boundaries	<b>Work</b>  Time Management Work Boundaries Breaks

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### What is Self-Care?

Self-care is different for everybody. Take time out of your day to look after yourself both mentally and physically. Anything you do that make you feel better about you is self-care!

Self-care is an important part of living a happy and healthy lifestyle. Life is busy and it can be easy to forget about putting yourself first. Take time over the break to make a commitment and put yourself first, even for a little while.

### Self-Care & Mental Health for Kids

 Share your own feelings to encourage self-awareness.	 Set aside time for low-stress or solo activities.	 Find social groups that help them feel like they belong.
 Focus on articulating feelings. "I am angry." "I am sad."	 Encourage journaling and diaries.	 Practice self-care for yourself to set the standard.
 Recognize toxic stress events.	 Encourage your child to focus on the moment.	 Establish a self-care routine.

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#### Food Bank Support

Contact Citizens Advice for a referral voucher to the local foodbank for **emergency food if needed**. Contact an adviser through their national phone service:

Adviceline (England): [0800 144 8848](tel:08001448848)

Return to school  
Wednesday 4th  
January 2023





# Wellbeing Support

**GREENHEART**  
LEARNING PARTNERSHIP

**shout**  
for support in a crisis

Often, speaking out about your mental health is easier said than done. You might not know who to trust, you might be feeling frightened about the thought of opening up, or you just might not know how to find the words.

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

**Text 85258**

Birmingham and Solihull Women's Aid <https://bswaid.org/>

**Call 0808 800 0028**

Our helpline is open 7 days a week 9.15am-5.15pm.

Every day our specially trained team of female workers provide emotional and practical support to women and children affected by domestic violence and abuse.  
You are not alone.



**BSWA**

Birmingham & Solihull Women's Aid

**CALL [01823 334244](tel:01823334244)**

Confidential helpline for male victims of domestic abuse and domestic violence

Weekdays 10am to 4pm

Call 999 if in immediate danger

**ManKind**   
Initiative

<https://www.bcabs.org.uk/>  
Telephone Advice Line:

**03444 77 1010**

Lines are open Monday to Friday from 9:30am-4:30pm

Our service is free, confidential, independent and impartial. We will not judge you, persuade you or tell you what you should do. We will listen, explain all the options available to you and advise you on the course of action you decide to take. It is about helping you to understand both your rights and responsibilities so you can make informed choices about the problems you face.

**citizens  
advice**

**Birmingham**

**It's okay... to speak to someone**

For urgent mental health support, 24/7.  
Just call **0121 262 3555** or **0800 915 9292**.

**NHS**

**LivingWell**

Mind  
Birmingham