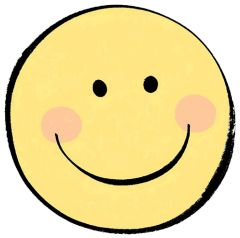
Changing Lives Compass

NHS





TODAY IS YOUR DAY

FOR MORE SUPPORT FROM YOUR MENTAL HEALTH SUPPORT TEAM:

01332 315569

changinglives@compass-uk.org

@compasschanginglives

Website

OTHER MENTAL HEALTH SUPPORT SERVICES:

SENDIASS – Information Advice & Support Service SENDIASS – Formerly Parent Partnership Service

kooth

childline – ONLINE, ON THE PHONE, ANYTIME – childline.org.uk | 0800 1111

Trent PTS – Improving access to psychological therapies (IAPT)

SAFE & SOUND – Transforming young lives

HOPELINE247 – 0800 068 41 41

PAPYRUS

CAMHS

NHS Derby and Derbyshire Clinical Commissioning Group

RICHMOND FELLOWSHIP – MAKING RECOVERY REALITY

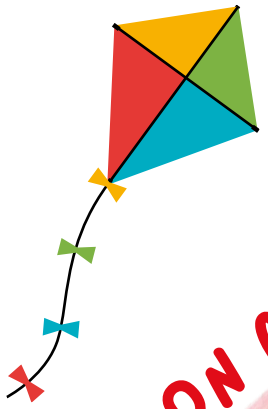
P3 – People Potential Possibilities

The Derbyshire Federation for Mental Health – Promoting Independence

NHS Derbyshire Healthcare NHS Foundation Trust

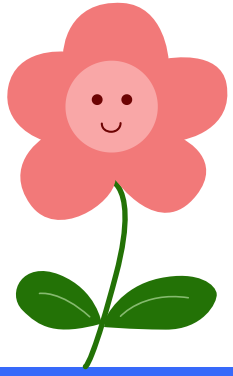


Little Eaton Primary School



LITTLE EATON MENTAL HEALTH POLICY

Created by our school's Mental Health Ambassadors and the Changing Lives Mental Health Support Team



WHAT MENTAL HEALTH MEANS TO US....

Mental health is about our feelings, thoughts and how we cope with challenges. Just like how we look after our physical health, we need to look after our mind and emotions too.





HOW WOULD I KNOW IF I'M FEELING SAD OR WORRIED



- Feel lots of emotions like scared or angry
- Your facial expressions might change
- You could get physical sensations – shaking, fast heart, breathing quickly, tummy ache







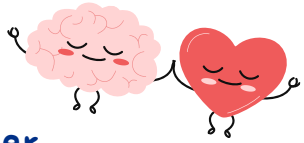
HOW MIGHT WE NOTICE IF SOMEONE WAS FEELING SAD OR WORRIED

- They might change their behaviour
- They might cry
- They might be on their own





WHAT CAN I DO IF I'M STRUGGLING WITH MY MENTAL HEALTH?



- Use Safety Bear
- Go outside for fresh air
- Talk to someone – parent/carer, an adult in school or a friend
- Using calming activities – have a drink, take deep breaths, colour, listen to music



Safety bear

HOW CAN WE HELP SOMEONE WITH THEIR MENTAL HEALTH...





- Ask if they need help
- Smile at them
- Tell a teacher
- Ask them if they want to play



HOW DOES OUR SCHOOL TEACH US ABOUT MENTAL HEALTH?



Safety bear

- PSHE lessons
- Assemblies
- Changing Lives assemblies & workshops
- Safety Bear
- Posters around school



