



Fishwick Primary School

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Headteacher: Mrs Vicki Conway

Mental Health Awareness Week 10-16th May 2021

We are proud to support the Mental Health Foundation in recognising Mental Health Awareness Week. For many, this year has been a challenge and we are all learning to appreciate the smaller things in life. This year's theme is nature and we are inviting you to join us in taking time for ourselves and use the "5 ways to wellbeing"

Connect

- Talk to a friend instead of just messaging them
- Ask a family member if they are really ok - and ask twice
- Be there for someone - talk AND actively listen to them

Be Active

- Take the stairs, not the lift • Go for a walk or run outside
- Try 'gentle exercising' such as yoga, stretching or dancing before you go to work

Take Notice

- Be curious about things and note the unusual
- Pay attention to how your mates are feeling
- Train your brain using mindfulness to stay focussed

Keep Learning

- Go online, check out TEDTalks or podcasts for inspiration
- Try something new or revisit an old interest
- Read the news or a book

Give

- Donate unloved clutter to a charity shop
- Do something nice for a friend or stranger!
- Volunteer with us - search our 'Volunteer for Us' menu



Get Support

You are not alone- remember, it's good to talk! Reach out to friends, family or GP. Mrs Barton is always available if you need help to find the right support.

In crisis?

Some services are available 24/7.

A&E or 999- If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help

NHS 24/7 Helpline 0800 953 0110- If you need urgent support for your mental health, call the mental health helpline and dedicated local staff will support you to access the help you need.

Samaritans -Telephone helpline (116 123) operating 24 hours a day offering emotional support for anyone in crisis. Offers a listening and befriending service to people who are isolated, feel in despair or who are suicidal.

SHOUT—Text SHOUT to 85258, a free confidential text service if you don't feel like talking.

