



# Fishwick Primary School

Downing Street, Preston, Lancs. PR1 4RH

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<https://fishwick.lancs.sch.uk>

Headteacher: Mrs Vicki Conway

Monday 15<sup>th</sup> May 2023

## Mental Health Awareness Week 2023

Raising the profile of mental health is always important and this week we wanted to share some useful information to support our school community in tackling mental health. The Mental Health Awareness Week runs from Monday 15<sup>th</sup> May – Sunday 21<sup>st</sup> May 2023 and the theme this year is anxiety.



## What is anxiety?

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.

## Psychological symptoms of anxiety

- restlessness
- a sense of dread
- feeling constantly "on edge"
- difficulty concentrating
- irritability

## Physical symptoms of anxiety

- dizziness
- tiredness
- a noticeably strong, fast or irregular heartbeat
- muscle aches and tension
- trembling or shaking
- dry mouth
- excessive sweating
- shortness of breath
- stomach ache

**Dare to dream...work hard to achieve!**

- feeling sick
- headache
- pins and needles
- difficulty falling or staying asleep

Your symptoms may cause you to withdraw from social contact (seeing your family and friends) to avoid feelings of worry and dread.

You may also find going to work difficult and stressful and may take time off sick. These actions can make you worry even more about yourself and increase your lack of self-esteem.

### Need Support?

Accepting help is the first step to making some positive changes and taking back control. There are several services in our local area that can offer practical advice and support. If you need help in taking the first step, Mrs Barton is always on hand!

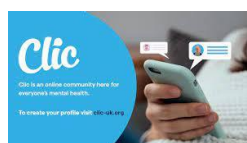
### Self Help & Online Support

- <https://clic-uk.org/>- Access a host of mental health information, tools, tips and resources to help yourself as well as carers family and friends.
- You can **text SHOUT to 85258** from anywhere in the UK, at any time of day to connect with a trained Crisis Volunteer.
- **Lancashire listening service:** There is a listening service available in Lancashire for anyone concerned about their own, or someone else's, mental health. **Call the Freephone Wellbeing and Mental Health Helpline on 0800 915 4640 or text 'Hello' to 07860 022846.** Open Mon-Fri 7pm-11pm and Sat-Sun 12pm-Midnight.
- <https://www.nhs.uk/every-mind-matters/> Every Mind Matters: a wealth on online self help guides, advice and information to support symptoms of anxiety

### In Person Support

- Mind Money & Me: <https://www.lancashiremind.org.uk/pages/money-and-me> : This service aims to give the skills and confidence to manage your mental health when you are experiencing money problems.
- The Haven: Richmond Fellowship's Central Lancashire Haven is a welcoming and non-judgemental place for individuals struggling socially and emotionally with life challenges or who are in crisis. Open for telephone and face-to-face support during our full opening hours: **Monday to Friday: 10am–10pm Weekends and Bank Holidays: 11am–10pm** No appointment required. Drop in for support and to refer into the Haven.

If you have concerns surrounding your child & anxiety, please arrange to speak to school. We can help!



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