

Putting a smile on our faces over the last year has not always been easy. The constant change, the unknown, the speed at which we have had to adapt, have all created heightened levels of anxiety and worry. If this year has taught us anything, it is that we have to remove any stigma surrounding mental health and make time to talk. It is ok to not always be ok, and to not always feel like smiling – it is normal!

It is really important that when we are not feeling ok, that we know who we can talk to and what support we can get. With that in mind, we have created the Mental Health Awareness Pathways. Everyone's mental health journey is unique; sometimes we may just need a chat with a parent or a friend to feel better. However, sometimes it is not always that straightforward, and if we do feel ourselves feeling sad for a while, then we may want to find support outside of our immediate family and friends. Our pathways can hopefully guide you if you need it; to seek the right help at the right time. The tutor is the heart of the school, the specialist whose specialism is bringing everything together, whose subject is the pupil herself, who struggles for the tutee's entitlement, and who enables the pupil to make best use of the school and develop her person. The tutor will be successful to the extent that he keeps this central vision in mind and builds out of it an overarching pattern to which all the detail relates.

(Marland and Rogers, 1997)

You will see your Form Tutor and Deputy Form Tutor every day that you are in School. They should be the first person you go to if you have a worry. Your Form Tutor is there to help you with day-to-day concerns and can support you in your 1:1 conversations, Form Time and your PSHE lessons.

If you need help or a chat at other points in the day and you cannot find your Form Tutor, then you should go to your Head of Year office and speak to your Head of Year or Assistant Head of Year.

Remember, conversations don't have to run smoothly - it's just always better to talk, even if it's hard or uncomfortable.

> Any member of staff at School would want you to feel able to approach them and ask for help – that is what we are here or, don't be afraid to ask.

WHO CAN I TALK TO AT SCHOOL?

If you are feeling unwell, then you should go to the Welfare Centre and speak to our lovely school Nurse, Mrs Holliday.

We are also very lucky to have our own counselling team if you need more support.



WHAT ARE YOUR NEEDS:

N-Need

ting with nature or time?/



TOP TIPS FOR KEEPING A HEALTHY MIND







M - Managing Relationships

HOW COULD YOU CO

SURBITON

SURBITON - COPE

WHAT IS A SURBITON—COPE DAY FOR?

On SCOPE days, your normal lessons are cancelled and you will have dedicated sessions with your Form Tutor and Deputy Form Tutor, to support you in key areas of the PSHE curriculum. The areas we focus on are overcoming challenges, being resilient and making healthy relationship choices. Over the course of your time in the School, you will hear from a variety of engaging and informative speakers on these topics. These talks will seek to provide inspiration and a better understanding of living in the wider world, as well as giving expert advice on really important issues. You will also have an opportunity to try new things and explore healthy coping strategies as you carry out a carousel of different activities.

AN EXAMPLE OF SOME OF THESE SPEAKERS AND TOPICS CAN BE SEEN BELOW:

<u>It happens -</u> <u>Relationships,</u> <u>sex and health</u> <u>education</u> <u>The RAP</u> <u>Project - Raising</u> <u>awareness about</u> <u>personal safety</u> Digital Awareness <u>- Empowering</u> <u>people to use</u> <u>technology safely</u> <u>I Can & I Am -</u> <u>Encouraging self</u> <u>belief</u> Anna McNuff -<u>A British born</u> <u>adventurer,</u> <u>motivational</u> <u>speaker and</u> <u>influencer</u> Action Breaks Silence - Engage, educate and empower communities to end gender-based violence

I'VE TRIED SOME HEALTHY COPING STRATEGIES, BUT I STILL FEEL SAD. COULD MY DOCTOR HELP?

If you feel like you are struggling to stay positive and you want more help with your mental health, then speak to your parents and ask for them to book an appointment with the GP.

- A GP can help with mental health issues by:
- Carrying out an assessment, to find out more about how you are feeling.
- Providing more information about where you can get support.
- Referring you to other mental health professionals.
- Prescribing medication to help deal with symptoms, if required.

Always know that you will be supported on your health-seeking journey, if you need to seek medical advice.

If you feel very worried about yourself or a friend and need urgent support, call 111 option 2 for mental health crisis support.



WHAT OUTSIDE AGENCY DOES THE SCHOOL USE TO SUPPORT MY WELL-BEING?

Kooth is an NHS-funded online mental health organisation that provides 24-hour, seven day a week early intervention support for young people. The pastoral staff at School are working alongside Kooth to support our well-being provision for you.

Headlines...

Kooth is your online mental well-being community.

For free, safe and anonymous support. Whether you are feeling sad, anxious, or finding life hard, know that you are not alone.

www.kooth.com

HOW ARE MEMBERS OF OUR WIDER SCHOOL COMMUNITY WORKING TO SUPPORT TEEN WELL-BEING?

"At Hollister, our purpose is to build confidence in the teens we serve, and we are beyond excited to begin our long-term relationship with The Mix, starting with our World Teen Mental Wellness Day product collection. We are looking forward to working with them to raise awareness of

their essential work and helping as many young people as we can together."



Katie Adams is a Surbiton High School parent who has two children in the Surbiton High Girls' and Boys' Preparatory Schools (aged five and nine) and is a passionate advocate of anything that supports the next generation to find balance, happiness and pride in themselves. She has been working in marketing for the last 16 years, helping brands articulate their purpose and do some good. She is currently the Director of EMEA Marketing at Hollister.

Katie has been instrumental in forming a partnership between Hollister and The Mix, a UK charity dedicated to providing essential support to under 25s, in aid of World Teen Mental Wellness Day on 2 March 2021.

They have created a brilliant campaign that you can see below:

Being there for your loved ones <u>Learning from</u> <u>loneliness</u>

Champion your well-being



KATIE WOULD LOVE TO DO MORE TO SUPPORT THE SCHOOL IN OUR WELL—BEING CAMPAIGN AND WE ARE EXTREMELY GRATEFUL TO HAVE THE GUIDANCE FROM SOMEONE WITH CURRENT EXPERIENCE AND ENTHUSIASM WITHIN OUR SCHOOL COMMUNITY.