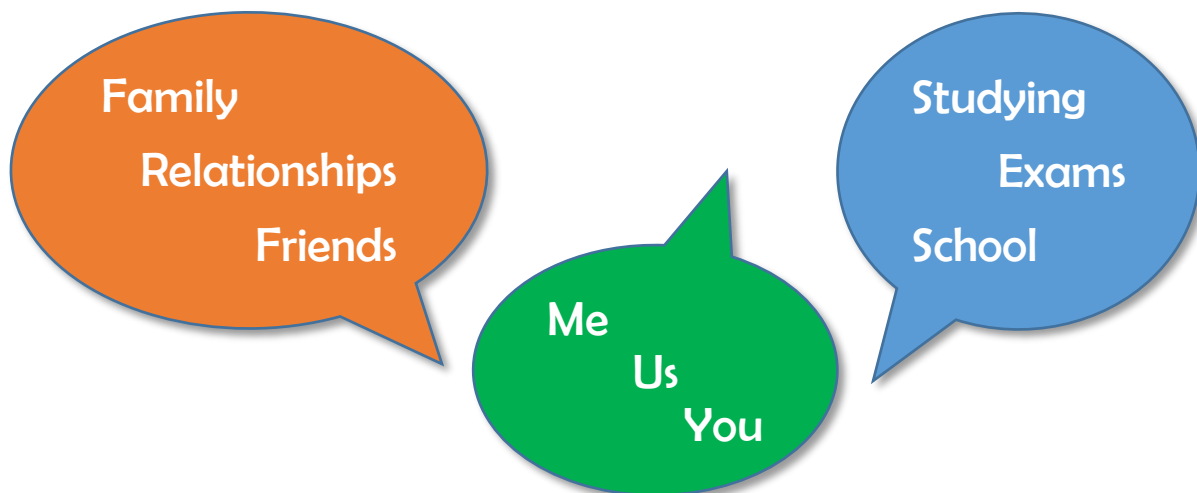


Keeping well and being healthy reflects in our physical health and our mental health.

We can all help ourselves to stay physically and mentally well by eating healthy food, exercising regularly, sleeping well, socialising with family and friends and talking with people we trust.

Difficult situations can lead to stress. Everyone can experience anxiety and stress – children and young people, adults including parents and teachers. Feeling stressed is an everyday part of life; talking about the things that cause stress can really help.



Pastoral care staff are available to talk to young people in schools and the G.L.O.W. site has resources for pupils and teachers to use.

The attached resource information sheet highlights some **apps** that are available to help with exam stress and mental wellbeing as well as **websites** and **helplines**. Other online / telephone resources that can offer support:

- The 'see me' website www.seemescotland.org.uk has information as well as fact sheets about good mental health.
- Also www.youngminds.org.uk has information and advice about young people and emotional wellbeing-for parents and for young people themselves.
www.samh.org.uk provides a range of information on mental health issues

Emotional support is important for everyone, especially during school holidays and when revising and taking exams. If things are becoming too overwhelming and you need to talk to someone about how you are feeling while you try and sort out what you are going to do- here are some contacts which can help:

For Information and Support

- ChildLine

0800 11 11

www.childline.org.uk provides confidential advice and support to children and young people using their free telephone service. The organisation also publishes factsheets online through their comprehensive website.

- Breathing Space

0800 83 85 87

www.breathingspacescotland.org provides a free confidential listening service, offering advice, guidance and support. Advisors can also provide a signposting service to other agencies. Available Mon-Thurs 6pm to 2am and Fri-Mon 6pm to 6am.

- Samaritans

116 123

www.samaritans.org.uk provides a 24 hour listening service to people in crisis or despair. You can also contact them anonymously by email: jo@samaritans.org

- Parentline

0808 028 22 33

www.children1st.org.uk/services/46/parentline-scotland provides a confidential helpline to give parents an opportunity to 'offload' and be pointed in the right direction for information and support.

- Papyrus

Hopeline 08000 68 41 41

www.papyrus-uk.org provides information and support about prevention of young suicide

Well Mind



WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing

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