



**‘It’s good to talk and  
our doors are always  
open’**



**Learning outcome:** To think about who you can speak to in school for help and support and why talking to someone about your concerns can help with mental health and wellbeing.



**Wellbeing**

# Why is talking important?

Although conversation may seem insignificant, it is extremely necessary to maintain a healthy lifestyle and engage in different thoughts and emotions. Whether it be talking about something that's troubling you or just having a general chat, communication is valid in achieving a better mental state. Here are some reasons why you should talk to others more!

## 1. Releases stress

Talking is especially helpful to **take some of the weight off of your shoulders** and give your thoughts a voice. Research suggests that **actions of kindness help to trigger the release of stress-reducing hormones.**

## 2. Strengthens relationships

Good relationships **cultivate a sense of well-being and emotional security** which also lead to being **less stressed**. Many studies have shown that people who have satisfying relationships with others are happier, have fewer health problems, and live longer.



## 3. Allows another perspective on an issue

When feeling troubled, it can be difficult to take a step back and look at the problem from a different viewpoint. Talking to someone can allow them to **give helpful advice which you may not have thought of yourself.**

## 4. Allows you to be given support

Speaking to someone **provides the support and encouragement** needed to rise to new and different challenges.

Having someone who will listen without judging when you're feeling down or frustrated **gives you the freedom to express yourself.**

**Talking to someone you trust in particular can allow your emotions to be dealt with kindness, sympathy and support**

# Who can you talk to in school?



In pairs, discuss the following:

- Who can students speak to in school if they have a worry/concern/ issue?
- What might prevent someone from talking to another person about their concerns/worries?
- What can you say to each other to encourage each other to speak up?



# Our doors are always open...



**TAKE NOTICE – LISTEN – REPORT ANY CONCERNS**



- Tutor
- Teachers
- Progress Leader
- Head of School
- Student Support Services
- Support staff
- Peer mentors
- Learning Support

## Progress Leaders

**Y7 – C3.11**

Mrs Ridley

Mr Holliday

**Y10 – D1.14**

Mr Tracey

Mr Dudley

**Y8 - A2.14**

Mr Coleman

Mr Hughes

**Y11 – B1.8**

Mr Blunt

Mr Daniel

**Y9 – D3.12**

Miss Beech

Mrs Horton

**Sixth Form – SFC**

Y12 - Mr Whitehouse

Y13 - Mrs Wilson

## Student Support Services

**SSS KS3 – A2.15**

Mr Suddery

Mrs Mardenborough

**SSS KS4 and KS5 - B2.11**

Mrs Bennett

Mr Hanlon

Miss Moreton

Mrs Yardley

<https://www.arthurterry.bham.sch.uk/well-being/wellbeing/student-support-services-sss/>

**Finally...**

**Thank You!**

A big thank you for all the fabulous **kindness cards** that you made last half term – they are now displayed in the atrium, look fantastic and promote the importance of kindness on the wellbeing of our school community.