



Loneliness

Taking notice and finding connections to feel less lonely



Peer Education Project - Mental Health Lessons



Wellbeing

Please use the links below to access the information, resources and support from the Mental Health Foundation:

- <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>
- <https://www.mentalhealth.org.uk/publications/student-guide-loneliness>
- <https://www.mentalhealth.org.uk/projects/peer-education-project-pep/schools-resources/loneliness-finding-our-connections-feel-less-lonely-school-pack>

How does this link to our school ethos?



Be proud of yourself, others and belonging to our school community.



Treat yourself and others with the **kindness** and the respect you/they deserve – be a good friend.

BE READY

If you experience loneliness or recognise it in someone else, **be ready** to take action to help yourself or that person tackle loneliness. Make people in form/class/break feel welcome.

Where can you go for help?

In school: tutor, trusted adult, SSS,
Report it button on website.

Outside of school:

Locally, Forward Thinking Birmingham offer support for people aged 0-25years.

<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

Nationally Kooth provide online support and signpost related services for young people.

<https://www.kooth.com/urgent-support>

Nationally, Young Minds is a national charity providing resources and advice for young people.

<https://youngminds.org.uk/> If you need urgent help text YM to 85258

ArthurTerry
Be Proud | Be Kind | Be Ready

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Wellbeing

You can also go onto the Arthur Terry school website – Wellbeing tab and click on 'Report a Concern'

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

Are you worried about something or someone?

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

Wellbeing

- Exam Support
- Information and Support directory
- MINDFULNESS
- Parent support
- Student Support Services
- Virtual Wellbeing Board
- Weekly Wellbeing 2020
- Weekly Wellbeing 2021
- Working Healthily At Home