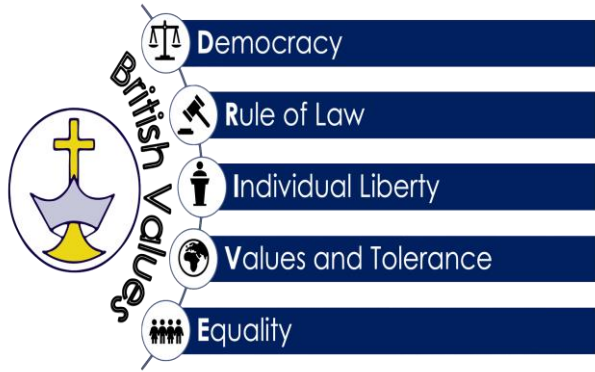
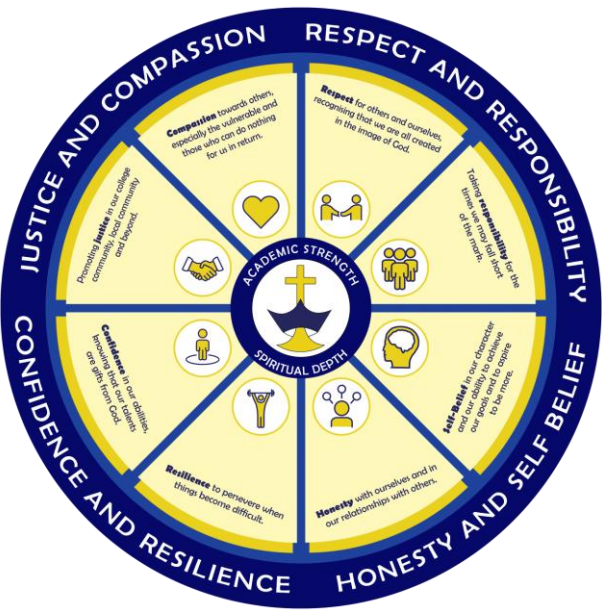
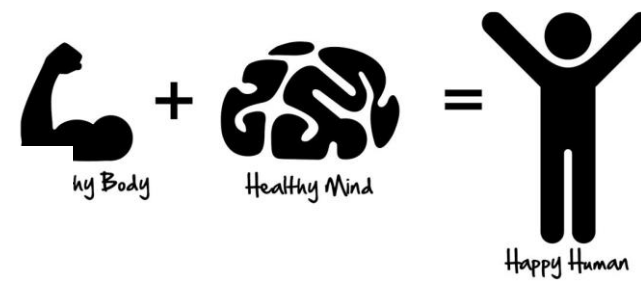


Carmel College Healthy Me





Physical Health



Being Healthy at Carmel

- Join an enrichment opportunity
- Walk to College, where possible
- Plan your free time to give you time to explore other interests
- Make healthy choices at break and lunch
- Engage fully in PSHE

Positive lifestyle choices

Positive lifestyle choices include:

- taking part regularly in physical activity
- eating a balanced diet
- getting sufficient sleep
- balancing school/work and other commitments
- making time for relaxation and leisure pursuits
- having good personal hygiene
- avoiding or minimising harmful risks, e.g. smoking, drinking alcohol, taking drugs
- managing risks in the wider environment, e.g. road safety, in the home
- seeking information about or support for concerns, e.g. friends, family, doctor, teacher



Mental Health and Emotional Wellbeing

What support is there in College?

- Form Tutor – they can offer support and are always there to listen to you
- PLM – they can speak to parents and are also able to make referrals to other agencies i.e. Mind or Listening Post. All PLMs are Youth Mental Health First Aid Trained
- SENCo / Mental Health Lead – can offer advice and refer to more specialist services



- Mental Health Support Team (Y7 & Y8)
- ELSA Sessions
- Mind
- Spectrum

- Listening Post
- ELSA
- Mind
- Spectrum

- Mind
- 6th Form Wellbeing conversations

Our ELSA (Emotional Literacy Support Assistant) helps with things like; self-esteem, friendships and understanding emotions as well as many other things



ADULTS

- talking changes**: Self-help, counselling and talking therapies service to deal with common mental health problems such as stress, anxiety or depression. 0191 333 3300 Monday – Friday 9am – 5pm. www.talkingchanges.org.uk
- citizens advice**: Providing free and confidential advice on a range of money, legal, housing and welfare issues. 0300 330 1195 www.darlingtoncab.co.uk Monday – Friday 10am – 4pm (Wednesday 6pm)
- MANHEALTH**: Male peer support groups helping men manage their mental health. FREE Weekly ManClub sessions. 01388 320023 www.manhealth.org.uk
- we are withyou**: Support around alcohol and substance misuse. Tel: 01325 808810 Email referrals to: withyou.darlington@nhs.net www.wearewithyou.org.uk
- TALK TO US**: If things are getting to you. 24/7 116 123 116123.org jo@samaritans.org samaritans.org
- SAMARITANS**: Accessible, experienced and customised support for all ages focussed on helping people achieve good mental health and wellbeing. 07572 888084 Monday – Friday 9am-5pm www.darlingtonmind.com
- Loss and Bereavement Helpline and Counselling service**: 07377 910227 supportline@darlingtonmind.com
- mind**: Free, confidential and impartial young people's, parent's and families support line. 07572 888084 Monday – Friday 1.30 – 4.30pm crew@darlingtonmind.com

CHILDREN AND YOUNG PEOPLE

- Call on us...**: In a mental health emergency. 0300 0200317 The phone line is open 24 hours a day, seven days a week and offers callers a series of options which will divert them to the appropriate local service.
- Free, confidential and impartial young people's, parent's and families support line**: 07847 933799 Monday – Friday 10 -12 listeningpost@dacym.co.uk
- YMCA**: Charity supporting young people to live well and thrive. Offering youth clubs open to all young people aged 10-19. 24/7 01325 462452 www.teesvalleyymca.org.uk
- WORRIED? NEED TO TALK?**: Call Childline on 0800 1111
- Free, safe and anonymous online counselling and support for children and young people aged 11-18**: www.kooth.com
- BEREAVEMENT**: Somewhere to turn when someone dies. 01325 288633 www.crusenortheast.org.uk Monday – Thursday: 9am – 4.30pm Friday: 9am – 3.30pm
- St Teresa's Hospice**: Pre and post bereavement support as well as counselling for people with life limiting illness and their carers. 01325 254321 enquiries@darlingtonhospice.org.uk For more information about services: www.darlingtonhospice.org.uk
- Expert advice and practical tips on how to support your mental health and wellbeing – search online for Every Mind Matters**
- Local services to support those experiencing or at risk from domestic violence**: Family Help www.familyhelp.org.uk Monday - Friday 9am-5pm 01325 364486; myharbour www.myharbour.org.uk 03000 20 25 25 (24 hours)

DOMESTIC VIOLENCE

How are you?: If you are struggling to cope or feeling overwhelmed there are plenty of services there to help you. Talk to someone about how you are feeling its OK to ask for help.

In an **emergency** call **999**. For medical advice call **111** or search **111 online**
All information correct as of Oct 2020. Developed by Darlington Borough Council Public Health Team.



FIVE WAYS TO WELLBEING

- GIVE**: Your time, your words, your presence
- BE ACTIVE**: DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD
- KEEP LEARNING**: EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF
- CONNECT**: TALK & LISTEN, BE THERE, FEEL CONNECTED
- TAKE NOTICE**: REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS. Mental Health Foundation maui tā, maui era OF NEW ZEALAND