

# WELLBEING NEWSLETTER

Creating happy, resilient families

This month's wellbeing edition is about **Head & Heart: Supporting Mental Wellness in School**

*Head & Heart: World Mental Health Day - October 10th*

World Mental Health Day is a chance to open up conversations with teenagers about how they're really feeling. Adolescence can bring pressures around exams, friendships, and identity, and sometimes young people struggle to put their emotions into words. A simple "I'm here if you want to talk" can go a long way. Doing an activity together, listening to a podcast, or trying a wellbeing app can open doors to honest discussions. Supporting your own wellbeing as a parent is just as important—when you feel balanced, you're better able to support your teen.

### *A Gentle Reminder*

You don't need to have it all figured out today. You don't need to be at your best every moment. Some days are for thriving, others are for simply getting through. Both matter. Both count. You are doing enough, and you are enough.

*IF YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH THEIR MENTAL HEALTH, YOU ARE NOT ALONE, CLICK THE BUTTON BELOW TO FIND OUT WHERE YOU CAN GO TO GET HELP.*



## #PinItForMentalHealth



The green ribbon is the international symbol of mental health awareness. Wear a green ribbon to show colleagues, loved ones or simply those you walk past that you care about their mental health. It can also be worn in memory of a loved one.

ORDER NOW



### Useful Website - Click Here

One in six people are aged 10-19 years. Adolescence is a unique and formative time. Physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are critical for their health and well-being during adolescence and adulthood.

### Useful Resource - Youtube Video - Click Here



### Book of the Month - Click Here



The essential teenage guide to building resilience for challenging times, from award-winning well-being expert Nicola Morgan, author of the bestselling *Blame My Brain* and *The Teenage Guide to Stress*.

