



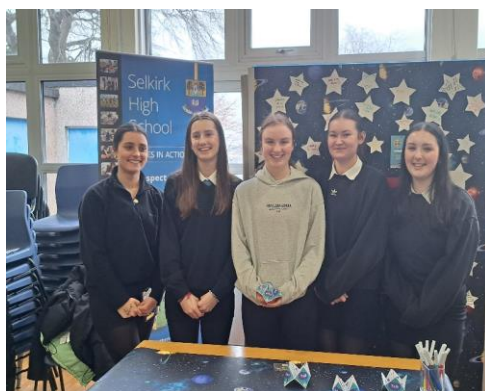
# Mental Health and Wellbeing Newsletter

June 2023

**Welcome** to our second Mental Health and Wellbeing Newsletter, which provides information about our journey towards improving support and awareness of the mental wellbeing of pupils. **Please click on the pictures which provide hyperlinks to further information.**

The aim at **Selkirk High School** is to develop a whole school prevention based approach to promote positive mental health and well-being. Prevention involves a 3 level approach to increase protective factors, reduce the level of severity of mental health problems and increase resilience to tackle and build resilience to deal with challenging situations and feelings.

- **Universal** - stopping mental health problems before they occur and promoting good mental health for all.
- **Targeted** – supporting those pupils at higher risk of experiencing mental health problems by providing targeted support.
- **Support**– helping people living with high levels of distress or existing mental health problems to stay well and have a good quality of life.



## Mental Health Action Planning



# Mental Health and Wellbeing Newsletter

## Values in Action

How do we put values into action?

**FEB 21** Selkirk High School Assembly Hall 7pm - 8.30pm

**Guest Speakers**

1. Mental Health Ambassadors - Open event! Share feedback from surveys
2. See Me - Signs to watch out for / Mental Health conditions
3. Jane Macdonell - Harris Trust
4. Angela Freeman Quarriers - How parents/careers can support teenagers
5. Koeth/Togetherall - Online support available

**HELP OUR STRESSED TEENAGERS EVENT**

PRESENTED BY SHS MENTAL HEALTH AMBASSADORS

Chat and visit stalls  
Pan cakes and refreshments will be available.

**SAMARITANS** **ROAN WILSON**  
PARENT SPACE **action for children**

I've got ..... on my mind, can we talk?

Make space in your day for a conversation about mental health

time to talk day (14-22-23) See Me+ #TimeToTalk GO OP SAMH

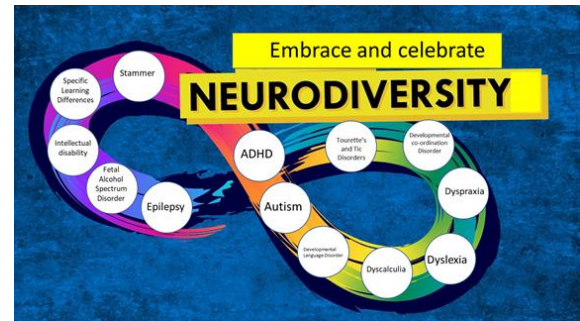


15 to 21 May 2023

## Mental Health Awareness Week



#ToHelpMyAnxiety



**HOW TO MANAGE EXAM STRESS**

Support for Parents /Carers of teenagers.

What's next?

I'm SO disappointed in myself.

How do I get on with school?

This isn't fair, I didn't get normal marks last year.

Will I still get to go to university?



# Selkirk High School