

Please see the attached poster promoting a fantastic local website called 'Healthy Young Minds in Herts' which covers every aspect of mental health. Please also approach your Year Achievement Coordinator or Assistant Year Achievement Coordinator if you require any additional help or information.

Mrs Amatruda

Visit <https://www.healthyyoungmindsinherts.org.uk/young-people> and discover all the information you will need for good mental and emotional wellbeing. Here are some examples of what you will find:



<https://www.childbereavementuk.org.uk/>



<https://www.nhs.uk/conditions/stress-anxiety-depression/>

How are you feeling?

Help with stress, anxiety or depression

Help with other common feelings

I'm not sure how I feel

[Stress](#)

[Feeling lonely](#)

[Mood self-assessment](#)

[Anxiety, fear and panic](#)

[Grief after bereavement or loss](#)

[Low mood, sadness and depression](#)

[Anger](#)

<https://youngminds.org.uk/>

YOUNGMINDS

Coronavirus advice and mental health support

Visit our advice page if you are struggling with self-isolation, coronavirus, and the impact it has on your mental health.

[Read More >](#)

Some messages from young people about mental Health:

"It's OK not to be happy all of the time."

"Sometimes life can be really tough because something bad happens and other times you can really struggle for no reason at all."

"There is always someone to talk to."

"Life doesn't always work out the way we want it to but that doesn't mean it won't be ok, don't give up."

Click onto the tags at the bottom of the home page and find out about:

FIVE WAYS TO WELL-BEING

<https://www.nhs.uk/conditions/stress-anxietydepression/improve-mental-wellbeing/>



Anorexia Anxiety BBC CAMHS

Counselling Eating disorders

Emotional wellbeing Exams

Feeling Good Week Helpline

Just Talk Kooth Parents Schools

Self-harm Sound Thoughts

Teen brain Worried