

Mental Health Awareness Week

Next week, 13th – 17th May, is Mental Health Awareness Week. At QEII School, students and staff will be focusing on the Five Ways to Wellbeing. These are five steps people can take to improve their mental health and wellbeing. The five steps are:

1. Connect with others people
2. Be physically active
3. Keep learning
4. Give to others
5. Take notice (pay attention to the present moment)

Students and staff will be trying to enhance their wellbeing by participating in activities from each of the five categories. Please scan the QR Code or click on the link to find out more about how you can support your child's and family's mental health and wellbeing at home through the Five Ways to Wellbeing.

Five Ways to Wellbeing



QR Code links to the NHS website about the Five Ways to Wellbeing.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>