

Dear Students,

I hope you and your family are well in this complicated and unsure situation.

The media and the Government have focused solely on how we should keep healthy and exercise at home during self-isolation.

The government have focused on the physical well-being of our country but haven't really explained the importance of upholding a good mentality.

We would like to help you have a confident attitude at home and as well as physical well-being, and educating yourself we think that Mental Health should be as important as your mental health helps you do day to day life.

The Peer Support team will send tips and tricks throughout the year to help you keep healthy and remember to stay confident and strong through these tough times.

If you need ANY urgent help, remember you can contact the Safeguarding team at Kingsbury High at safeguarding@kingsburyhigh.org.uk.

There are lots of places to get advice about emotional wellbeing, social media or to discuss feelings during this time:

- ChildLine: **www.childline.org.uk** Phone: **0800 1111**
- Young Minds: **www.youngminds.org.uk**
- Kooth: (online) **www.kooth.com**
- The Mix: **<https://www.themix.org.uk/>** **0808 808 4994**
- In a crisis, **text 'Shout' to 85258**
- You can also **contact your GP**

Stay Safe,

Peer Support Team Y10,
Kingsbury High School