

Hillhead High School



Supporting Mental Health and Wellbeing



Personal, Social and Health Education (PSHE)

Mental Health and Wellbeing is incorporated into the PSHE curriculum across S1-S6. Topics taught include mental health awareness, body image, emotional wellbeing, sleep hygiene, health and nutrition, social media, self-harm, stress management and resilience. Moreover, pupils in S5 have the opportunity to study the SQA Level 5 Mental Health and Wellbeing Award.

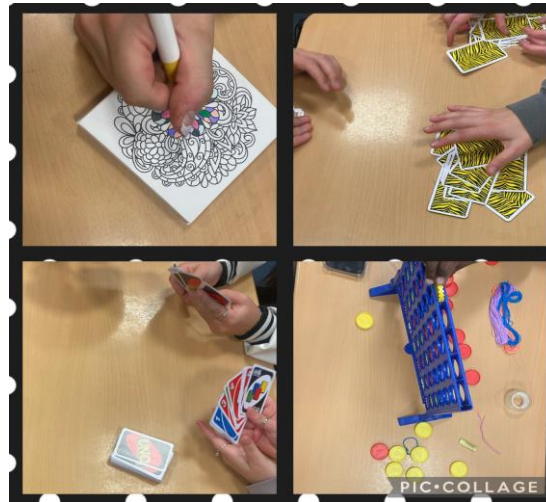


Pastoral Care and Support for Learning

If you have any concerns about your child's mental health, please speak with your child's Pastoral Care teacher. The school offers a wide range of supports when a young person may be struggling with their mental health. These range from regular check-ins with a teacher, to wellbeing and sleep hygiene groups run in conjunction with Support for Learning.

Wellbeing Wednesdays























Wellbeing Wednesday gives students the opportunity to take to focus on their Wellbeing. There are many different activities on offer from board games to jewellery making to simply having some time to chat with friends.












We have an offering for our BGE pupils and one for our Senior Pupils every Wednesday lunch time.




Wellbeing Activity Calendar

Hillhead High School Weekly Clubs & Wellbeing Activities			
Day	Before School	Lunch Time	After School
Monday		Activity: Fitness Club Where: Fitness Suite  With: Mrs Currie Moodie	Activity: Badminton Where: Gameshall  With: Mr Gillespie
		Activity: S1-S3 Book Club Where: M112  With: Mrs Rothery	Activity: Musical Theatre Production Where: Drama Studios & Assembly Hall  With: Ms Williams & Miss Ross
		Activity: Manga Drawing Club Where: T23  With: Ms Zahid Jamil	Activity: Choir Where: M101  With: Miss Ross
Tuesday	Activity: Basketball Where: Gameshall  With: Mr McFarlane & Barra Fadel	Activity: S1-S3 Ultimate Frisbee Where: Gameshall  With: Mrs Currie Moodie	Activity: Senior Volleyball Where: Gameshall  With: Mr Gemmill & Mr McFarlane
		Activity: Senior Study Skills Where: M112  With: Mrs Rothery	
		Activity: Gymnastics Where: Gym 1  With: Mrs Trobe	
Wednesday	Activity: Basketball Where: Gameshall  With: Mr Dougan	Activity: Italian Club Where: M213  With: Miss McBride	Activity: Netball Where: Gameshall  With: Mrs Maxwell
		Activity: Fitness Club Where: Fitness Suite  With: Mrs Currie Moodie	Activity: Girls Football Where: Hillhead Primary Pitch  With: Ms McBride
		Activity: Table Tennis Where: Gym 2  With: Mr Dougan	Activity: Cross Country Running Where: Kelvingrove (Meet in PE)  With: Mrs Currie Moodie
		Activity: Chess Where: T22  With: Miss Robinson	Activity: Music Theory Where: M02  With: Miss Campbell
		Activity: Wellbeing Wednesday Where: BGE in Drama & Seniors in T08  With: Ms Williams & Mrs McLennan	
		Activity: String Orchestra Where: M103  With: Miss Ross & Miss Smart	

Hillhead High School Weekly Clubs & Wellbeing Activities			
Day	Before School	Lunch Time	After School
Thursday	Activity: Volleyball Where: Gameshall  With: Mr Gemmill & Mr McFarlane	Activity: Gender Sexual Alliance Where: M106  With: Ms McGuire	Activity: Wind Band Where: M03  With: Mrs Gillespie & Miss Ross
		Activity: Cricket Where: Gameshall  With: Mr Gemmill	Activity: Basketball Where: Gameshall  With: Mr McFarlane & Barra Fadel
Friday	Activity: S1-S3 5 aside football Where: Gameshall  With: Mr Dougan	Activity: Feminism Club Where: T31  With: Ms Thomson	Activity: Girls Basketball Where: Gameshall  With: Mr McFarlane
		Activity: Volleyball Where: Gameshall  With: Mr Gemmill & Mr McFarlane	


Additional Clubs & Teams

Activity: Senior Football Team



Where: Various

With: Mr Tait




Activity: Under 15's Football Team

Where: Various


With: Mr Dougan

Activity: S1-S3 Basketball Team



Where: Various

With: Mr McFarlane




Activity: Under 16's Basketball Team

Where: Various


With: Mr McFarlane

Activity: Under 18's Basketball team



Where: Various

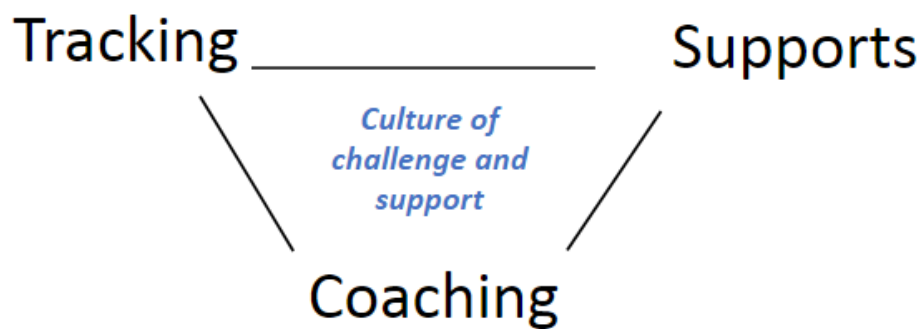
With: Mr McFarlane



Coaching (S4 and S5)

Coaching provides an additional, sustainable layer of support focused on tracking reports. This is a general Wellbeing check-in as well as a goal-setting conversation after tracking reports are issued.

This support is designed to be a balance of pastoral/nurture with academic/study support throughout Senior Phase qualifications.



Consistent relationships are developed over two-year courses. This support provides another point of contact with a teacher who gets to know pupils closely.

Feedback from previous years show from staff and pupils showing a desire to promote positive mental health. This has been factored into the planned approach.

Action for Children Counselling Service

Hillhead High School has trained counsellors provided by the organisation Action for Children.

Action for Children protect and support children and young people, provide practical and emotional care and support, ensure children's voices are heard, and campaign to bring lasting improvements to their lives.

A referral to the counselling service can be made via the school Pastoral Care Team. Please speak to your child's pastoral care teacher for more information.




Kooth Online Counselling & Mental Health Service (available to 10-16 years old)

Kooth is available through smart phone, tablet or computer and features activities, self-help articles, discussion boards and a team of accredited counsellors and emotional wellbeing practitioners who provide guided and outcome-focused support for each individual.



Kooth has no referrals, thresholds or waiting lists. Young people can access this service anonymously by signing onto the Kooth site. Kooth provides unique out of office hours' provision and is open 7 days per week, 365 days a year.

Togetherall (available to students to 16+)

togetherall 

Join Togetherall Today

Maybe you are feeling overwhelmed,
struggling socially, or just not feeling
like yourself?

Togetherall is a safe, anonymous,
online community to support your
mental health.

FREE to all aged 16-24 in
Glasgow

16+



SCAN TO JOIN FOR
FREE TODAY

Sign up today
togetherall.com



LGBT Youth Scotland Digital Support

Do you ever feel like you would like a bit more support but aren't sure where to turn? Talking about what is going on can make a difference.

We have lots of ways that you can get in touch online and get support from youth workers. Wherever you are in Scotland, whatever your worry or concern, we are here to listen.

The Live Chat feature of our website is a easy way to chat with trained youth workers in real-time about whatever is on your mind. It's text-based: you don't need to speak over voice or video and can remain anonymous.

From questioning your sexual identity, coming out and relationship issues to bullying and sexual health – this is a private place designed for you to chat, confidentially, with a digital youth worker.



Health and Wellbeing Online Resources

For Children & Young People

Cove

<http://www.cove-app.com/>

This app helps people to capture their mood and express it by making music. Note: you do not need to know how to play an instrument to use this app.

Childline

www.childline.org.uk

Mental health charity for children and young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Chill Panda

chillpanda.co.uk/

This free app is for children and adults who want to learn how to manage stress and worry, and feel better.

Clear Fear

www.clearfear.co.uk/

This free app aims to help children and teenagers manage anxiety. The app helps to reduce physical responses to threat and change thoughts and behaviours through distraction and helpful activities.

Coping Skills for Kids

www.copingskillsforkids.com

Website that provides free resources for teaching children about healthy ways to cope with [stress](#), [anxiety](#) and [anger](#).

Hospichill

www.hospichill.net

An app designed to help young people prepare for hospital and clinic appointments. The app provides helpful relaxation and visualisation exercises.

Kooth

www.kooth.com

Free mental health support from online counsellors. A free sign up service with discussion boards, helpful tips, articles written by young people, and the option to write mood journals and set positive goals.

Stop Breathe & Think KIDS

www.stopbreathethink.com/kids/

Guided Meditation and Mindfulness app for children aged 5-10.

For Young People

Ayemind

www.ayemind.com

Website aimed at improving the mental wellbeing of young people. Includes resources for young people and professionals. Ayemind also signposts to lots of other useful websites.

Calm

www.calm.com/

A mindfulness app that includes various relaxing sounds to listen to, visualisations to help relaxations, "sleep stories", and guided meditations.

Calm Harm

www.calmharm.co.uk

An app to help teenagers manage or resist the urge to self-harm by providing a wide range of distraction techniques.

Papyrus

www.papyrus-uk.org

Mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. The "Hopeline" (Call: 0800 068 4141 / Text: 07860 039 967 / E-mail pat@papyrus-uk.org) is for children and young people experiencing thoughts of suicide, or for anyone concerned for a young person.

SafeSpot

www.safespot.org.uk

An app designed in Glasgow to help young people improve their coping skills and promote positive mental health and wellbeing.

Smiling Mind

www.smilingmind.com.au/

A free app for encouraging mindfulness, meditation and positive wellbeing.

Young Minds

www.youngminds.org.uk

Young Minds provides a range of mental health help and advice for young people. This charity also encourages young people to get involved in raising awareness about children and young people's mental health.

Young Scot

young.scot/campaigns/national/coronavirus

If your young person is feeling a bit overwhelmed or scared right now, this site has information for young people about what's happening and the simple steps everyone can take to help keep healthy.

For All the Family

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

Advice about general mental health and [mental wellbeing while staying at home](#). Also [Your Mind Plan, an interactive quiz](#) designed to help you feel more in control of your emotional and mental wellbeing.

Child Bereavement UK

www.childbereavementuk.org/

A site with resources for children and young people who are grieving, as well as providing information and advice to families / professionals on how to best support someone who is bereaved. A helpline is also available on 0800 028 840.

Combined Minds

combinedminds.co.uk/

This app provides parents, families and friends with practical advice on how to support children and young people with their mental health.

Headspace

<https://www.headspace.com/>

A mindfulness app that has more of a “podcast feel” to it with various talks, guided meditations and helpful videos available.

Living Life to the full

www.lltf.com

Free online courses covering low mood, stress and resilience. (More adult orientated)

MindShift CBT

<https://www.anxietycanada.com/resources/mindshift-cbt/>

A free app designed to help adults and teens cope with anxiety. Also provides strategies for adults to help their children with anxiety.

Samaritans

www.samaritans.org

A charity that offers mental health support and information online for everyone. Their helpline is free and available to all ages. Call 116 123 or e-mail jo@samaritans.org 24/7.

Stress and Anxiety companion

www.nhs.uk/apps-library/stress-anxiety-companion/

A free app to help handle stress and anxiety. The app includes breathing exercises, relaxing music and games.

Mental Health telephone supports

Breathing Space: Free and confidential telephone counselling service. (0800 838 587)

NHS living Life: Free phone service for those aged 16+ experiencing anxiety, low mood and mild to moderate depression. Guided self-help and cognitive behavioural therapy. (0800 328 9655)

Young Minds Parents Help Line: Offers guidance and support to parents concerned about their child's mental health. (0808 802 5544)