

# Good Mental Health



## Keeping King's Park Young People Safe

If you feel overwhelmed, or like you want to hurt yourself, support is available for you to talk things through. You deserve help as soon as you need it.

To talk with someone confidentially about how you feel, you can:

- Ring HOPELINEUK on 0800 068 4141
- Sign up to [kooth.com](https://www.kooth.com) for support and advice.
- Text SHOUT to Shout's textline on 85258.

If you feel like you may attempt suicide, or you have seriously hurt yourself, this is an emergency. You can:

- Call 999 and ask for an ambulance.
- Tell an adult you trust and ask them to call 999 for help.

**Mental health emergencies are serious. You aren't wasting anyone's time.**

**Having good mental wellbeing can help us to cope with everyday life as well as with stress and changes in our life, making decisions, building positive relationships and dealing with a range of emotions.**

Good wellbeing doesn't mean we feel good and happy all the time. It's normal to feel sad, angry or low sometimes. It's normal to have lots of feelings at once. But if we have poor wellbeing for a long time, life can begin to feel harder overall.

Having a [mental health problem](#) can make it harder to look after our wellbeing. And struggling with our wellbeing can make it harder to cope with our mental and physical health. Taking care of ourselves now can support our mental and physical health in the future. Taking time to look after ourselves isn't always easy, but doing something regularly for ourselves can improve our wellbeing.



Click on the image to hear Miss McTaggart, our mental health champion, answer your questions about good mental health.



### Child Protection Coordinator

Mrs Preston is our CP coordinator and her role is



to ensure all young people are safe in school, at home and in the community. If you have a Child Protection concern about a young person, please contact [Mrs Preston](#).

You can e-mail our Pupil Support Team:

**Arran House**  
[Miss Armour](#)

**Lewis House**  
[Miss McTaggart](#)

**Mull House**  
[Ms Gibson](#)

**Skye House**  
[Mr Samson](#)

**All Houses**  
[Mrs Bertolini](#)  
[Mrs Ogilvie](#)

If you would like to speak to PC Chris O'Neill, our school police officer, please contact him via our school office.



1

TIP

Reach out and talk to others, remembering it's okay to ask for help.

2

TIP

Take care of your physical health by staying active and getting enough sleep.

3

TIP

Take time for yourself and acknowledge your feelings.