



Say It Out LOUD

A South Ayrshire Council Mental Health & Well-being Charter



What is Mental Health?



The World Health Organisation (WHO) defines mental health as 'a state of wellbeing in which a person realises his or her abilities, can cope with the normal stresses of life, work productively and is able to make a contribution to his or her community'

Article



My Mental Health Matters

Mental health and wellbeing is about how we think and feel and how we make sense of daily life.

Good mental health and wellbeing helps us enjoy life and cope well with life's challenges. In the same way we all have physical health and we look after our body, we all have mental health and we can look after it.



- 5 things you can 
- 4 things you can 
- 3 things you can 
- 2 things you can 
- 1 thing you can 

5 Things to Calm My Thoughts

Think through your 5 senses to remind you of the world around you just now.





**Tell yourself 1
good thing
that happened
in your day.
Every day!**

Things we can do to look after our mind and make us feel GOOD



**Not all
heroes
wear
capes!**

Remember: Happiness is a superpower!

What we already do.



The Charter



Our Promise

1. To involve young people in decisions about the support they receive about their mental health.
2. To make sure support is available to pupils, staff and parents and everyone knows where to go for help if they are feeling 'wobbly'.
3. To have staff and pupils who listen to each others views with kindness.
4. To be inclusive and celebrate everyone's individuality & differences.
5. To value people's opinions & trust them
6. To inform everyone in the school of any changes or updates.



Flourish



Achieve

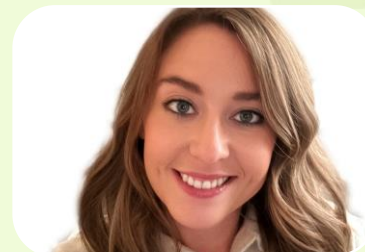


Belong



Our Well-being Champions

- P3/2 -
- P3 -
- P3/4 -
- P4 -
- P5/4 -
- P5 -
- P6 -
- P7/6 -
- P7 -



**Mrs
McFadyen**



Mrs Love



**Miss
McCormack**



Mrs Curson



Mrs Allan



Miss Cameron





Kids need to believe...

I am **amazing**

I am **important**

I am **special**

I am **kind**

I am **precious**

I am **supported**

I am **loved** and...

I can do **anything**

I put my mind to!

 **Ripple Kindness Project**
— For Schools —

www.ripplekindness.org



Flourish



Achieve



Belong

