



#HelloYellow

YOUNGMINDS

LET'S MAKE
THIS MATTER

Wear yellow on 10 October
to help create a brighter
future for young people's
mental health.



#HelloYellow

IS BACK

10.10.2022

This World Mental Health Day, thousands across the country are coming together to say #HelloYellow.

Join us on 10 October to show young people that how they feel matters, and help us create a future where all young people get the mental health support they need, when they need it, no matter what.

YOUNG MINDS

fighting for young people's mental health

What is Hello Yellow?

#HelloYellow is a fundraising and awareness day that takes place each year on World Mental Health Day. Schools, offices and individuals across the UK come together and dress in yellow to show young people that they aren't alone with their mental health.



Understanding how we feel

Many of us will feel sad, anxious or down from time to time

Sometimes we can feel this for longer periods of time

Our Mental Health can change depending on our circumstances and our experiences

POSITIVE MINDSET – challenge yourself to fulfil your potential!



A NEW START, A
NEW TERM, A NEW
CHALLENGE



KEEP SCHOOL
SIMPLE!



FOCUS ON
YOU!



SUPPORT
EACH OTHER!

THERE IS A SUPPORT NETWORK IN SCHOOL IF YOU NEED HELP!

- Don't struggle and worry alone!
- If it's important to you, it's important to us
- **Ask** for help if you need it – your form tutor, teachers or pastoral team can help to ensure you get the best support for you
- You can speak to us or email direct if you prefer

YOUNG MINDS

ACTION FOR AWARENESS: THE FIGHT FOR YOUNG PEOPLE'S MENTAL HEALTH

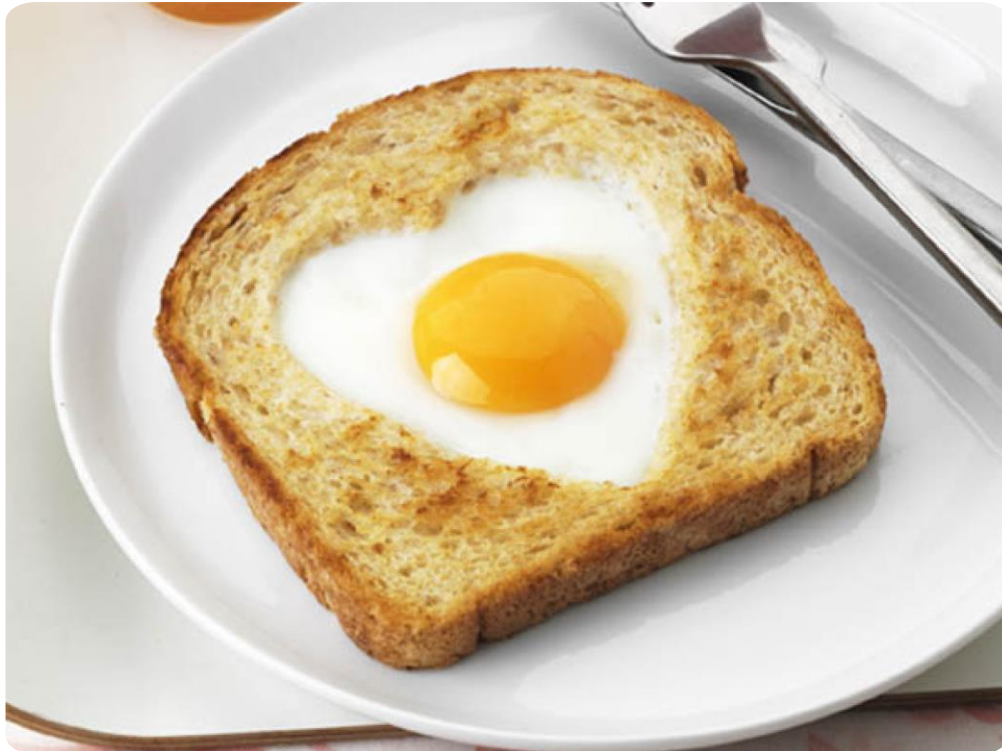




Ibstock Community College
Respect and Pride brings Success



- Talk to someone, The first step is sharing how you are feeling.
- If you don't feel like you can talk to someone, then send an email to letstalk@ibstockcollege.co.uk
- every week we have KISP, Relate and NHS Mental Health Counsellors coming into school to work with those students who need help.
- If you broke your leg, you would go to hospital; make sure you get the same support for your mental health as you would for your physical health.



SELF CARE – GIVE YOURSELF THE
VERY BEST CHANCE OF SUCCESS

- ALWAYS HAVE BREAKFAST & A DRINK
- ENSURE YOU GET PLENTY OF SLEEP DURING THE WEEK TO HELP YOU TO MANAGE SCHOOL
- OFF LINE AT 9!!
- BE ORGANISED TO AVOID STRESS
- BE ACTIVE TO ENSURE GOOD MENTAL AND PHYSICAL HEALTH

Some useful websites and APPs that can help with Mental Health concerns

- MIND.ORG.UK – Self-help techniques, stories and blogs including information on **HELLO YELLOW CAMPAIGN**
- NSH.UK/SELF-HELP-THERAPIES – Search your concern for useful help and support

CALM HARM – to help with self-harm

CLEAR FEAR – to help with anxiety

COMBINED MINDS – support for parents

ACTION FOR HAPPINESS – track your mood & practice gratitude



Be kind whenever possible. It is always possible.

Dalai Lama

BrainyQuote®

Respect and Pride Brings Success!

A Positive Attitude is Everything!

R I am **Determined** to Succeed
I can **Persevere**
I have **Excellent Attendance**

R I am not afraid to **Learn** from mistakes
I have a **Growth Mindset**
I can **Adapt**

RESILIENCE

E I am treated **Fairly**
I **do not Judge** others
I am **Impartial** towards all

E I have an **Equal** chance to Succeed
I **Listen** to others
I have **Emotional Intelligence**

EQUITY

S I reach for my **Goals**
I am **Organised**
I have a clear sense of personal **Achievement**
I am **Punctual**

S I have **Careers** confidence
I am **Aspirational**
I meet my **Targets**
I have **Happiness** in life

SUCCESS
Be your best

P I **Stay Positive**
I go **Above and Beyond**
I have **Self-Respect**
I have **Good Self Esteem**

P I complete work to my **Best Ability**
I take **Pride** in my Uniform
I am a **Role Model**
I take pride in my **Work Presentation**

PRIDE
Do your best

E I always give my **Best** in everything I do
I try **New Challenges**
I am **Enthusiastic**

E I am proud of my **Achievements**
I **Persevere** even when it's hard
I stay **Consistently Focused**

EFFORT
Try your best

C I get involved in **Extra-Curricular** activities
I am **Future Proof**
I embrace **Opportunities to Learn**

C I can demonstrate **Resilience**
Challenge
Knowledge
I am an **Independent** learner

CURRICULUM

T I **Respect** boundaries
I am **Trustworthy** in all situations
I am a strong **Team** player
I am an **Ambassador** of our school community

T My behaviour allows others to feel **Safe**
I am **Ethical**
I am **Honest**
I **Respect** my environment

TRUST



Your **POSITIVE ATTITUDE** is directly linked to your all round school success. **It's up to YOU!**



#HelloYellow

**I'm wearing
yellow**

**To school for young
people's mental health**

10 October 2022

**RESPECT
=
kindness in
action**