

Local School discover new strategies.



“I know more on strategies, on how to keep calm. We don’t learn about mental health in school and this really helped”.

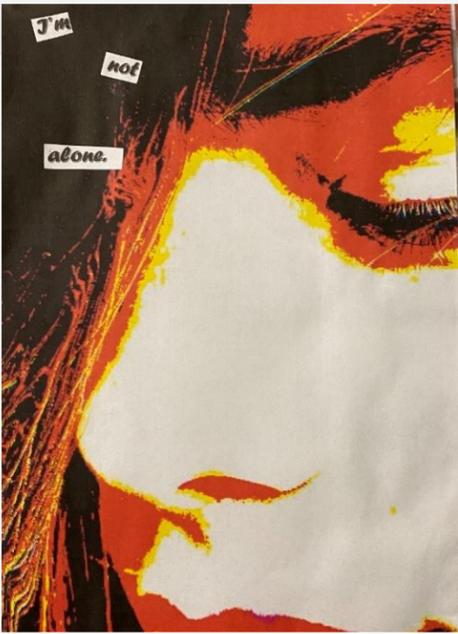
“We did an exercise, write five things down. It was good to help us get more focused”.

“I just want to thank you for believing in me and giving me advice. The sessions have helped me feel more confident. I just want to thank you for all your support

“I have learned to never give up and always believe in myself. The project has made be a better person”

“I think that these sessions have really improved my health and wellbeing. A lot of upsetting events have occurred during the period in which we’ve had these sessions, but I’ve always enjoyed them. The reason I’ve enjoyed them is because it’s pleasurable to be in a joyful room with such amazing people”.

MHIST NEWS



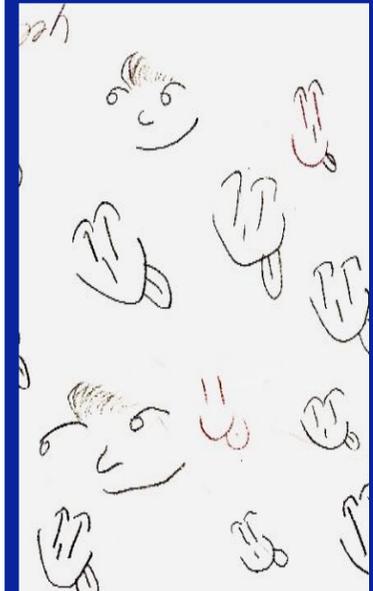
'Even if Words hurt, Tell people How you Feel. You Might feel Better about it'

"Walking **BOLDLY** can improve your mood".

"Be grateful for those around you"

"These sessions have helped me realize I'm not alone. It's helped me realize that when you talk about your problems, it helps you feel a bit better. We don't talk about mental health in school enough. Thank you for helping"

"Love Yourself!".
"Dear whoever is reading this, I just want to say thank you for giving me a bit more confidence in myself and for coming in doing the wellbeing sessions. They don't do these kinds of sessions in school and it has helped".



"Helpfulness. Mindfulness"

"Life is Worth Living!"

"Even if words Hurt, you tell people how you feel, you might feel better about it".

'Feeling rejected is not something good but you CAN get over it'

'Try talking to someone'

'Tell yourself you are worth it'

"You can't stop LOVE"

'You could get out and speak to people'

'Never give up!'

Socialise, speak'

'Be yourself and make friends'

'Try new things'

'BE YOU'

'Think of all the happy times'

'Try talking to someone'
'Exercise helps with anger and stress'

'Talk to someone'

'Play Sports'

'Do drama, be yourself'

why are you still heart.

ugly.

even if words hurt, you tell people how you feel, you might feel better about it.

godie.

if you let words get to you, you won't win.

no one wants you

'Go out into the world'