

Post 16 Mental Wellbeing Strategy



- Talk to your parents
- Talk to your learning manager
- Make an appointment to see your GP
- Download relevant APPS to your phone for example, Mindfulness
- Access Talkzone, self-referral via the website or telephone
- Kooth, an online counselling and emotional well-being platform for young people



- MIND, offers information and advice to people with mental health problems
- Charley Waller Memorial Trust
- Unifrog website, knowhow library - wellbeing
- Use grounding techniques such as 5,4, 3, 2, 1
- CASY Counselling. Outwood Post 16 offers students the opportunity to access counselling. This is on a referral basis via your learning manager

#HappyHealthySafe