

Top Tips for Keeping Well

- ✓ Be active and exercise
- ✓ Get plenty of sleep
- ✓ Talk about your feelings
- ✓ Ask for help
- ✓ Take time to relax
- ✓ Do something you enjoy
- ✓ Care for others
- ✓ Eat a balanced diet

Useful websites

- Youngminds.org.uk
- Childrenssociety.org.uk
- Childline.org.uk
- Kooth.com

Speak to your
teacher if you
think we could
support you

YOUR
MIND
MATTERS

NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Mental Health
Support Team
working in your
school

Children and Young
People
5-18 years



Bee U
Emotional Health and Wellbeing

WHO ARE YOUR EDUCATION MENTAL HEALTH PRACTITIONERS?

We are a mental health support service working with children and young people in schools in Shropshire and Telford and Wrekin.

Speak to your teacher to find out more!



"Mental health is like the weather, it is forever changing. Some days the sun will shine, and I will enjoy the warmth. Other days the rain may pour, and I will need to put my umbrella up."

-Adapted from a young person's thoughts on mental health

How can we help you?

We will be offering support by;

- 1-1 support working with you over a period of 6-8 sessions
- Small group sessions
- Whole class education/promotion
- Working closely with your teachers, parents or carers.
- School staff workshops
- Whole School assemblies

- Worry Management
- Low mood
- Exam stress
- Difficulties with emotions
- Anxiety
- Coping strategies
- Sleep Hygiene
- Problem Solving

The Bee U Partnership

Bee U is the 0-25 Emotional Health & Wellbeing Service based in Shropshire and Telford & Wrekin.

Bee U is made up of:

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Healios

NHS
South Staffordshire and
Shropshire Healthcare
NHS Foundation Trust

The Children's Society