



Mental Health and Wellbeing Support and Advice for Young People

At Benton Park School we are committed to promoting positive mental health and emotional wellbeing to all students and their families.

We believe there is no health without mental health, and that positive mental health is vital for our staff and students to thrive and be happy and successful.

Tips to maintain a Positive Wellbeing

- Try and stay in a routine where possible, get up and get dressed, try not to spend of day in your pyjamas.
- Eat a healthy and balanced diet.
- Exercise where and when you can- exercise in any form can act as a stress reliever.
- Try to get a good amount of sleep at nighttime, 8 hours a night is recommended for young people, and avoid sleeping during the day.
- Don't watch too much news, take some time out when it gets too much and always check information comes from trusted sources.
- Try and have some screen free time, read or play a board game or do some home baking.
- Speak to your friend and have open conversations about how you are feeling.
- Speak to a trusted adult about how you're feeling.
- If you are feeling anxious, try some mindfulness techniques - <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>

Our Mental Health First Aid and Pastoral Teams are available to support students with their wellbeing. The Mental Health Team run a Mental Health Drop In on Tuesday lunchtimes in the Safeguarding Offices.

Safeguarding Staff are available through the school number 0113 2502330 by adding the following extension numbers or by email.

Allana Howard (DSL) (Ext 329) Allana.howard@bentonpark.net	Elle Bentley (DDSL) (Ext 167) Elle.bentley@bentonpark.net
Bridget Barrett (KS3) (Ext 159) Bridget.barrett@bentonpark.net	Ravi Kelly (KS4) (Ext 138) Ravi.kelly@bentonpark.net
Chloe Parker-Reaney (KS5) (Ext 156) Chloe.parker-reaney@bentonparker.net	Tilly Fox (Ext 166) Tilly.fox@bentonpark.net
Lara Tizard (Senco) (Ext 152) Lara.tizard@bentonpark.net	Maggie Green (Inclusion) (Ext 380) Maggie.green@bentonpark.net











Emma Tyldsley (CLA) (Ext 171)
Emma.tyldsley@bentonpark.net

Vikki Taylor (Ext 131)
Vikki.taylor@bentonpark.net

Other Support Services

Some services that you can contact if you need support:

 <p>This is a Leeds based service that can help young people understand how they are feeling and advise them of the services and support available to them. www.mindmate.org.uk</p>	 <p>A place where young people can go to seek support and advice on a variety of concerns www.childline.org.uk 0800 1111</p>
 <p>This is a free online counselling and emotional wellbeing platform www.kooth.com</p>	 <p>A service offering a range of services including one to one support, counselling, group-work and our drop-ins. www.themarketplaceleeds.org.uk 0113 246 1659</p>
 <p>Supports people impacted by alcohol and drug use www.forwardleeds.co.uk 0113 887 2477</p>	 <p>Alumina A project dedicated to supporting young people who have been impacted by self-harm www.selfharm.co.uk</p>
 <p>GROUP OF SERVICES A service supporting LGBT+ individuals and communities across Yorkshire. www.mesmac.co.uk Leeds: 0113 244 4209 Bradford: 01274 395815</p>	 <p>A society that aims to prevent young suicide through providing support and resources www.papyrus-uk.org 0800 068 4141</p>



Leedssexualhealth 

A service that supports people and provides services related to sexual health and relationships
www.leedssexualhealth.com
0113 843 4495

hopeagain 
young people
living after loss

Service to support young people who are coping with bereavement and living after loss.

www.hopeagain.org.uk

0808 8081677