

Wellbeing

At Parkstone we believe that to effectively manage wellbeing students need to have access to a toolkit which is central to effective learning and preparation for a successful independent life.

Remember! In an emergency, always dial 999 or 112

Did you know the 112 number works anywhere in the UK and across Europe and automatically sends your exact location to your nearest operator?



These tools are developed in Wellbeing lessons and our Time to Talk sessions.



Click on the image to link to the specific Year group curriculum booklets for full details of our programme.

Our Wellbeing programme incorporates the statutory Relationship, Sex, Health Education, and an understanding of the wider world. It is a spiral curriculum, building a strong toolkit for students.

Wellbeing Curriculum
2023-2024
[Click here.](#)

Talk to someone.

Connect

Be kind to yourself.

Be active.

Positive Coping Strategies.

A calm space

Developing a
Wellbeing Toolkit

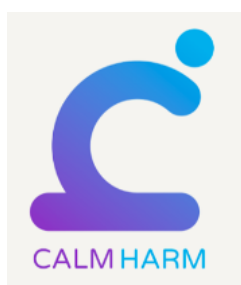
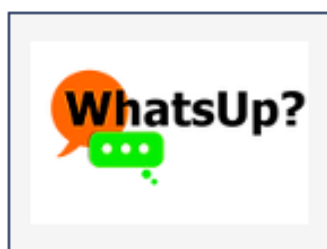
Breathe

Flexible Thinking Skills

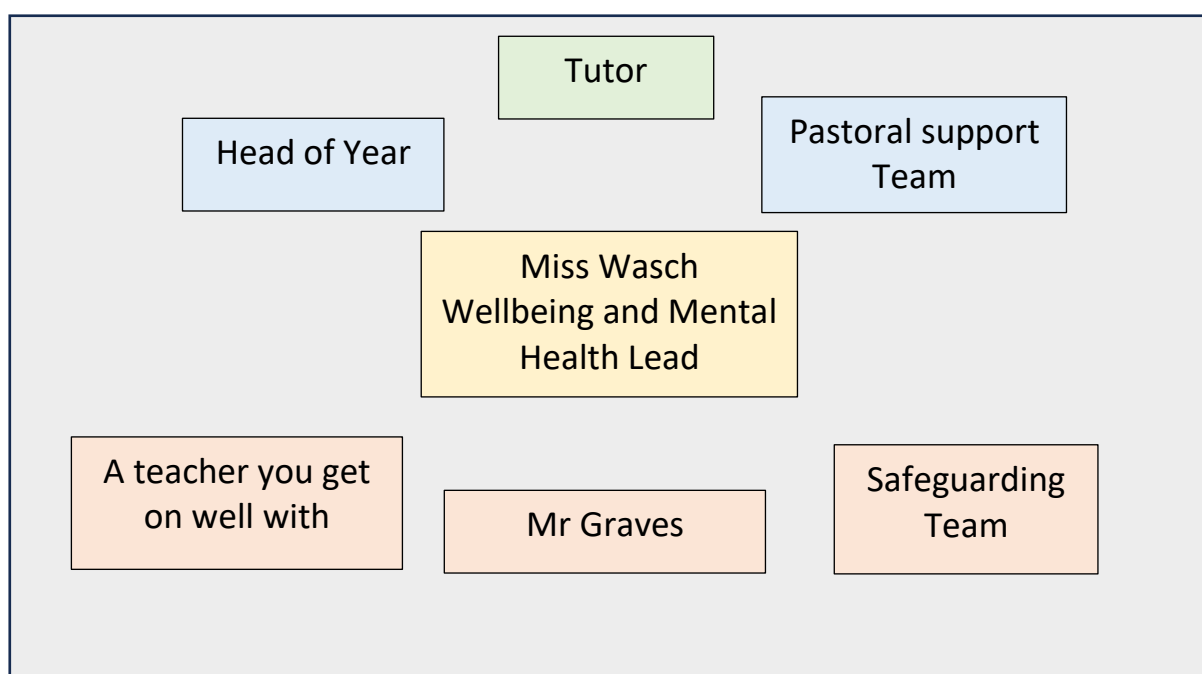
Give to others.

The following resources can help you or support someone to develop a wellbeing toolkit.

Recommended Apps - click on the icon for further information.



In school Wellbeing support – who can I speak to: -



External support –

CAMHS Dorset – has support pages for young people on the following areas: - click on the image to take you to the site.

- Feeling stressed or anxious
- Self-harm
- Low mood
- Eating Disorders
- Self-Image
- Managing anger
- Feeling different
- Feel lonely or isolated.
- Trouble sleeping
- Bereavement
- Impact of drugs or alcohol
- Bullying
- Family breakdown
- Moving into adult care
- Being a young carer



Wellbeing support for parents – It is important to look after your wellbeing to.

Steps2Wellbeing – www.steps2wellbeing.co.uk

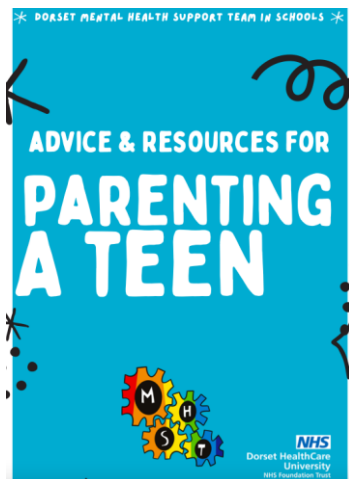
Family Lives – www.familylives.org.uk

Gingerbread – www.gingerbread.org.uk

SENDIASS – Information and advice for supporting young people with education needs and or disabilities – www.sendiass4BCP.org

Acts Fast – www.actsfast.org.uk

Dorset Mental Health Team in Schools (MHST)



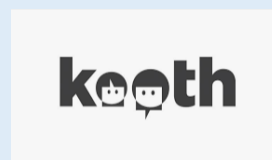
There are three main ways children and young people can access support from the MHST through school:

- When a school staff member notices a child or young person is struggling with day-to-day worries
- When a parent informs a school staff member about their concerns
- When a young person asks for support for themselves.



Coping Cards - A set of 16 cards you can cut out and use. These are ideal for days where you might feel you need a little extra support or reminders of ways to manage on days that feel tougher:

Free confidential advice and support 24/7
– whatever your worry, whenever you need help



For Mental Health Support



For LGBTQ+ Support



Health Support



Relationship Support



Essential support for under 25s

☎ 0808 808 4994

