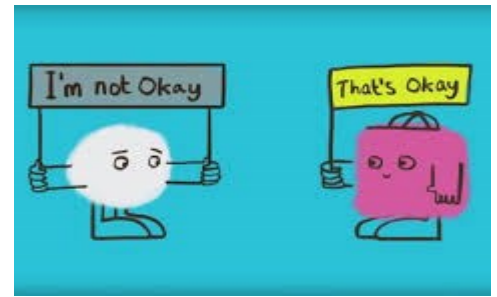


**OCTOBER 2017  
MENTAL HEALTH**



Mental Health  
Foundation



## How can we look after our mental health?

We all have mental health, just as we have physical health. Just as you would go for a walk or eat an apple to look after your physical health there are lots of things you can do every day to maintain good mental health.

We will be holding our own **TEA & TALK** on World Mental Health Day, Tuesday **10th October at breaktime** in the staffroom.

The theme chosen this year is Mental Health in the Workplace so please do come along to support this relevant and important event.

10 tips to support good mental health:

1. Talk about your feelings
2. Keep active
3. Eat well
4. Drink sensibly
5. Keep in touch
6. Ask for help
7. Take a break
8. Do something you're good at
9. Accept who you are
10. Care for others

Come and find out more at the pinnies event, and decide what YOU could do for your own mental health, and for that of the people around you.

**One in 4 adults, and one in 10 children are likely to have a mental health problem in any given year. This can have a profound impact on the lives of millions of people in the UK, and can affect their ability to sustain relationships, work, or just get through the day**

*We are all happy to help so don't hesitate to get in touch. We are always keen for new members to our team—come and ask one of us what it involves!*

Terri: [tbarbery-redd@wadebridge.cornwall.sch.uk](mailto:tbarbery-redd@wadebridge.cornwall.sch.uk)

Angelina: [abassett@wadebridge.cornwall.sch.uk](mailto:abassett@wadebridge.cornwall.sch.uk)

Di: [dtalling@wadebridge.cornwall.sch.uk](mailto:dtalling@wadebridge.cornwall.sch.uk)

Kate: [kbradley@wadebridge.cornwall.sch.uk](mailto:kbradley@wadebridge.cornwall.sch.uk)

Dean: [ddarbourne@wadebridge.cornwall.sch.uk](mailto:ddarbourne@wadebridge.cornwall.sch.uk)

Tom: [tspencer@wadebridge.cornwall.sch.uk](mailto:tspencer@wadebridge.cornwall.sch.uk)

Lee: [lspringett@wadebridge.cornwall.sch.uk](mailto:lspringett@wadebridge.cornwall.sch.uk)

**"There is no health without mental health; mental health is too important to be left to health professionals alone, and mental health is everyone's business—Vikram Patel, scientist"**