

100 MILES IN MARCH!



Even though 1 in 4 people have mental health problems, most of us don't get the help we need. This has to change.

Minds aim to make mental health an everyday priority by increasing people awareness.

By standing up to the injustices – in healthcare, in work, in law – which make life harder for those of us with mental health problems.

They support all, offering help whenever you might need it through information, advice and local services. And they bring together an unstoppable network of individuals and communities – people

So this March...

Walk, run or jog this Spring to raise money and awareness for better mental health.

Complete 100 miles throughout March to get active for better mental and physical health. Register and get your fundraising page created and we'll send you a free Mind t-shirt to wear with pride while conquering your miles.

ORANGE BUTTON

The Orange Button Community Scheme (OBCS) has been launched by Cornwall Council as a way to make people visible in their communities as someone who has received suicide prevention training.

The scheme engages button holders to listen and/or signpost suicidal people, their friends or family towards support.

The scheme is open to anyone who has completed their the Mental Health First Aid Course (Adult or Youth)



WELLBEEING HIVE

We would really love for our Wellbeing Hive to grow and share as a community how we are making to most of our Wellbeing time

Please take a moment to message a health champion or use the link below to let us know the sort of thing you get up to to support your wellbeing.



1 Minute Health

Boosters

PUT ON YOUR FAVOURITE SONG

There's nothing quite like your favourite music to perk you up and get you feeling good. Listening to music has been shown to improve immunity and release endorphins. Bonus points if you dance along!

STARS@wadebridge...

It's never too early in the School year to nominate someone you feel deserves a little something for something they have done, doing or for just be them!!!