



Student Support

**Positive Mental Health and
Wellbeing**

Taking Care of You

Remind yourself of the great advice your Year Leaders have been sharing over the past couple of weeks.

These resources have been shared on the Coronavirus Guidance and Support Webpage.



www.leftwichhigh.com

Reaching Out for Support

- www.actionforhappiness.org
- www.youngminds.org.uk
- www.kooth.com
- www.visyon.org.uk
- www.nspcc.org.uk
- www.childline.org.uk
- www.giveusashout.org
- www.themix.org.uk

