

Mental Health & Well-being



It is OK not to feel OK, many people of all ages will struggle with a mental health issue at some point in their life.

Being emotionally healthy includes:



having self-esteem and self-respect



being able to recognise and express feelings



being able to manage emotions to suit the situation



recognising and managing the factors that affect emotions



feeling positive about life

Five fingers of faith at Verulam

Remember, at Verulam you have the Five Fingers of Faith to speak to:



Form Tutor



Pastoral Support Team



Head of Year



Favourite Teacher/Friend



Designated Safeguarding Lead

Need some help or advice? Visit these sites for support:



Mind



Childline



Rise Above



NSPCC



Kooth



Stonewall



Calm Harm



Teen Talk



Samaritans

If you are having a difficult time or if you are worried about someone else, you can call the Samaritans 24 hours a day, 365 days a year on 116 123 for free or ChildLine for free on 0800 1111



SAMARITANS



VERULAM
SCHOOL