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# WELLBEING



## THE IMPORTANCE OF LANGUAGE

Raise awareness of the correct language and the impact they can have, recognizing and understanding feelings and emotions and how to express them in a healthy way



## PEER SUPPORT

Campaign for training in schools around how to best support your peers, awareness around spotting early signs that they may be struggling and how to approach it while protecting your wellbeing in the process



## HOW TO SEEK HELP

We will help in the creation of an easy access webpage providing information and signposting to local wellbeing services.



## COMBAT THE STIGMA

Reduce the anxieties around talking about mental health through creating a safe place to openly discuss and normalise these feelings and emotions freely without judgement



## LOOKING AFTER YOU

Access to information on how to set boundaries and prioritize your own needs, how to practice self care guilt free and help others without forgetting your own wellbeing needs



## COVID-19

Campaigning to improve access to mental health services. We will provide support and self-help coping techniques to deal with the loneliness and isolation due to Covid-19 and the mental health struggles that come with it