



Alcester  
Academy



Mental Health Awareness Week 2026

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A serene sunset scene over a body of water. The sun is a bright orange orb in the center of the sky, casting a warm glow. The sky transitions from orange to a deep blue. In the foreground, a wooden pier extends from the bottom center towards the water. To the right, a dark canoe is on the water, with its reflection visible below. The left side of the image shows the dark silhouette of a forested hillside. Bare tree branches are visible in the top right corner.

It's okay not to be okay.

Michael Clifford

quotefancy

what are you  
going to do  
about it?

@kateinkc\_







*"There is growing realisation that a healthy life is not just based around good physical health, but that more needs to be done to encourage people to take care of their mental health too, and exercise plays a vital role. We are absolutely delighted to be partnering with Mental Health UK. The work they do is invaluable, providing practical advice and information to people across the UK."*



**HUMPHREY COBBOLD, CEO**

have I shared with anyone how I'm feeling?



what is taking up most of my headspace?



have I moved and stretched my body?



Am I getting enough sleep?



What has been weighing heavily on my mind? Should I write it out?



what am I grateful for?



# Mental Health check in

how am I feeling today mentally and physically?



Have I done anything as an act of kindness?



what will I engage in today that will bring me joy?



what do I need to do take care of myself?



Am I hungry, angry, lonely, tired or thirsty?



Have I connected with someone today?



what did I do today that made me feel good?



Am I being kind to me?



# In school help

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- LSU. Any staff member
- Claire Gibb has lunchtimes available for drop in
- Developing student health ambassadors
- New Y10 Student Leaders?
- Your tutor
- **Any** other member of staff
- Tell a friend and they can tell us
- Talk to your parents/carers and they can contact us



# Useful resources to help support you

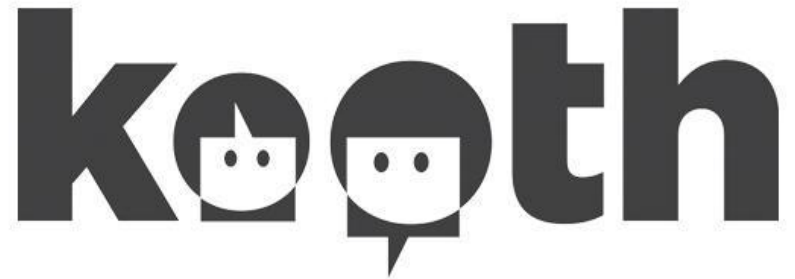


[For Young People | YMM](#)



[We're Mind, the mental health charity | Mind](#)

Mind ([mind.org.uk](http://mind.org.uk)) is a major mental health charity in England and Wales that provides advice, support, and information for mental health problems. It campaigns for better services, offers a confidential support line (0300 102 1234), and operates a network of local branches providing community-based care



Kooth is a free, safe, and anonymous digital mental health and wellbeing platform designed for young people (typically aged 10–25) in the UK. It provides immediate access to BACP-accredited counsellors, moderated peer-support forums, and self-help tools 24/7 without needing a referral.

## What's on your mind? Chat with our friendly team

**"I feel safe talking about things with the Kooth counsellors. Being anonymous helps me to feel comfortable and it's harder for me to open up to someone in person."**



Anonymous user



Calm is a leading mental wellness app designed to reduce stress, improve sleep, and enhance mindfulness through guided meditations,, "Sleep Stories," and relaxing soundscapes. It offers tailored content for anxiety, focus, and productivity, featuring celebrity narrators and daily, 10-minute sessions called "The Daily Calm". They offer support on 'how to journal for positive mental health'.

## **Anxiety and stress relief whenever you need it**

Learn how to calm anxiety and find the tools for in-the-moment stress relief. Our clinical experts and meditation teachers are here with a wide range of stress relief programs, meditations for anxiety, and guided content to help you soothe anxiety and feel better.

[Calm - The #1 App for Meditation and Sleep](#)

## The benefits of Headspace

Stress less



Sleep soundly



Manage anxiety



Mindfulness for kids



Practice meditation



Process thoughts



Headspace is a popular, evidence-based mental health app designed to improve wellbeing through guided meditation, mindfulness training, and sleep support. It offers tools for stress reduction, focus, and resilience, featuring over 1,000 sessions tailored for beginners to experienced users, including specialized content for children

[Mental Wellness App: Meditation & Sleep - Headspace](#)

[Time for young people, Coventry & Warwickshire | The Children's Society](#)

**Time For Young People** is an emotional wellbeing support service for young people 10 to 25 who live or study in Coventry and Warwickshire. Time for young people support young people in one-to-one drop-in sessions and group workshops. Time for young people can help with:

- feeling anxious, worried or stressed
- difficulty managing emotions
- trouble sleeping or sleeping too much
- experiencing changes in your mood
- experiencing a racing heart and not knowing why
- developing new skills and providing resource to support your wellbeing



Having good mental health helps us relax more, achieve more and enjoy our lives more. Expert advice and practical tips from Public Health England to help look after a child's mental health and self care for young people.



[Every Mind Matters - NHS](#)

## Focus on sleep



### [How to fall asleep faster and better](#)

Longer days and shorter nights can impact your sleep routine, discover practical tips to improve your sleep.



### [How can meditation help with sleep?](#)

Practicing meditation has calming effects on the body, get started with our guide.



### [Reframing unhelpful thoughts](#)

Our advice can help you explore different ways of seeing a situation, so it won't keep you awake at bedtime.



### [How to talk about your mental health](#)

Talking about your mental health may feel tough. This guide can help you feel more confident to talk to someone you trust.



### [Be active for your mental health](#)

Physical activity is one of the best things we can do for our mental wellbeing. Find out why it's important and how to get moving to boost your mood.



### [What is mindfulness?](#)

Check out our expert guidance to find out what mindfulness is, some mindfulness techniques you can try and tips on how to start living in a mindful way.

[#NoLikesNeeded: Dove's Self-Love Campaign | Dove Campaign](#)



The Dove "#NoLikesNeeded" campaign is a Dove Self-Esteem Project initiative designed to combat the negative impact of social media on young women's body confidence. It encourages girls and women to value their own self-worth and beauty rather than seeking validation through "likes" or "hearts" on social media platforms

[Food And Mood | Health For Teens](#)



[tps://www.nutrition.org.uk/nutrition-for/food-and-the-brain/](https://www.nutrition.org.uk/nutrition-for/food-and-the-brain/)



BRITISH  
**Nutrition**  
FOUNDATION

## [KS3 / KS4 PSHE: Time to talk about... depression, with Roman Kemp - BBC Teach](#)

### More resources in this collection



#### **Time to talk about... anxiety with Tom Grennan**

Tom Grennan discusses his own experiences with anxiety, alongside real-life testimony and expert advice.



#### **Time to talk about... self-esteem with Zara Mcdermott**

Zara Mcdermott discusses her own experiences with self-esteem and self-confidence issues, alongside real-life testimony and expert advice.



#### **Time to talk about... mental wellbeing with Wes Nelson**

Wes Nelson discusses his own experiences with mental wellbeing issues, alongside real-life testimony and expert advice.



#### **Time to talk about... stress with Katie Thistleton**

Katie Thistleton discusses her own experiences of stress, alongside real-life testimony and expert advice.



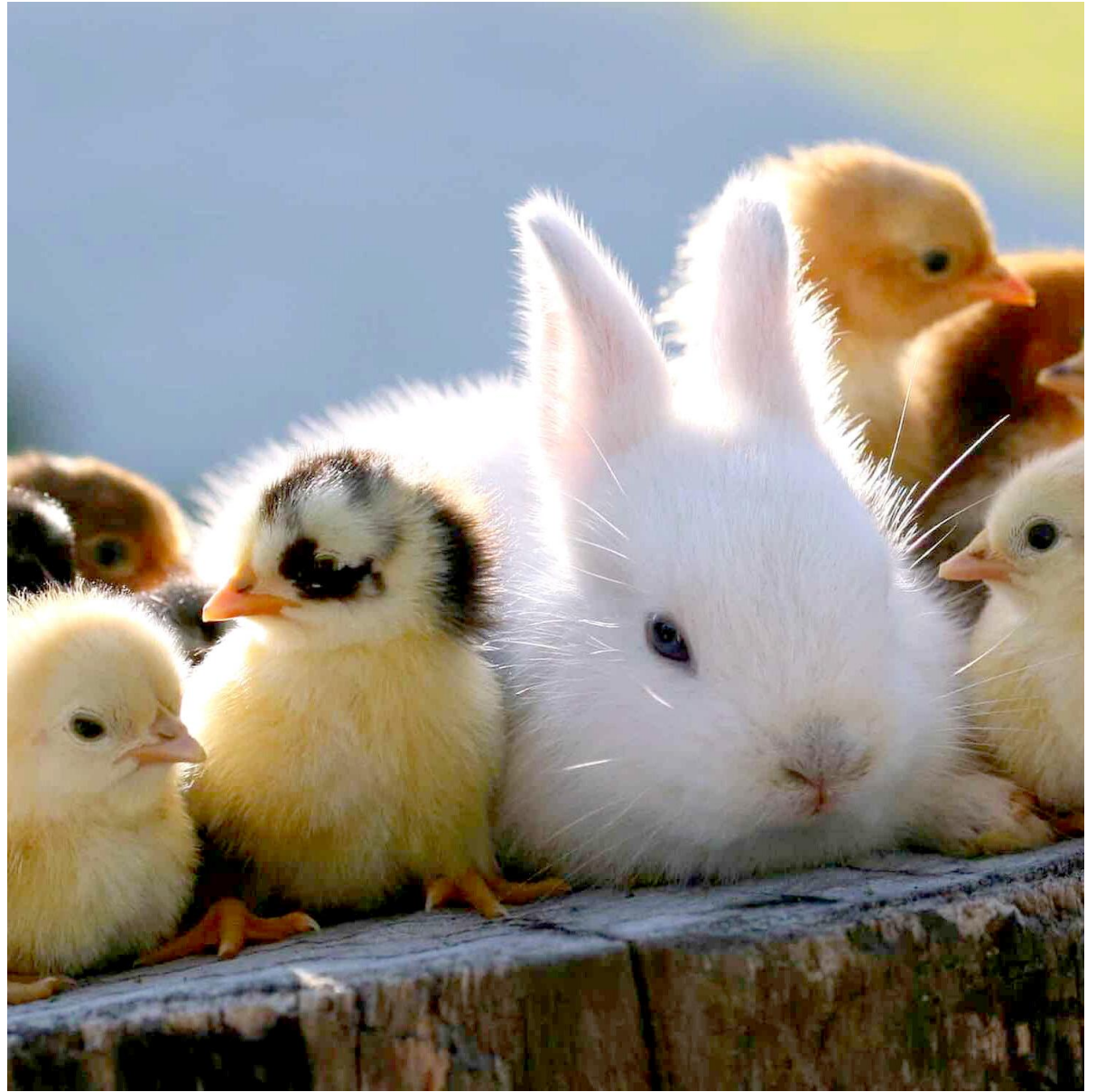
[KS3 / KS4 PSHE: Time to talk about... - BBC Teach](#)

KS3 / KS4 PSHE: Time to talk about...  
depression, with Roman Kemp - BBC Teach



# Best Advice...

- Surround yourself with kind people
- Try to understand others; consider what they might be going through
- Be a better friend
- Be trustworthy
- Listen, don't just talk
- Ask questions to find out!
- Plan positive opportunities with others
- Celebrate successes







[dreamstime.com](https://www.dreamstime.com)

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