



Bushvalley Primary School

School Wellbeing handbook



**Wellbeing for
Pupils, Staff and
Parents**





Wellbeing Contents

Section 1

Wellbeing for Pupils

Section 2

Wellbeing for Adults (Parents & Staff)

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Useful Links & Support





BUSHVALLEY WELLBEING TEAM



Mrs Irwin Principal
BWDW Champion Teacher &
Mental Health First Aider

Mrs Bartlett
BWDW Champion Teacher



Miss McCook
Mental Health First Aider

Mrs McLaughlin
Mental Health First Aider



Mrs Getty
Mental Health First Aider



Wellbeing team



Mrs Irwin
Mental
Health First
Aider
BWDW
Champion
Teacher



Mental Health
First Aider
**Miss McCook,
Mrs Getty &
Mrs
McLaughlin**



Mrs Bartlett
BWDW
Champion
Teacher





Wellbeing Calendar 2025/2026



September

26th: National Classroom Assistant Day

26th: European Day of Languages

October

22nd: Harvest Morning for Grandparents

5th: World Teacher's Day

6th-12th: Dyslexia Awareness Week

10th: World Mental Health Day

November

10th -14th: Anti-Bullying Week

13th: World Kindness Day

17th-23rd: National Self-Care Week



December

6th: Bushvalley Staff Christmas Outing

11th: Christmas Jumper Day

School Choir
Community Singing

18th: Christmas Campfires



January

30th: National Parent Mental Health Day



February

9th-15th: Children's Mental Health Week

6th: Time to Talk Day

6th: NSPCC Number Day

10th: Safer Internet Day

10th: Staff Mental Health Focus Day



March

1st: School Choir at Peace Proms

8th: International Women's Day

17th-23rd:
Neurodiversity
Celebration Week

World Book Day &
World Maths Day

April

30th-5th: Autism Acceptance Week

7th: World Health Day

May

19th-23rd: Walk to School Week

School Trips

School Sports' Day



June

8th-12th: Healthy Eating Week

11th: International Day of Play

18th: National Thank a Teacher Day

Staff Celebration of the School Year



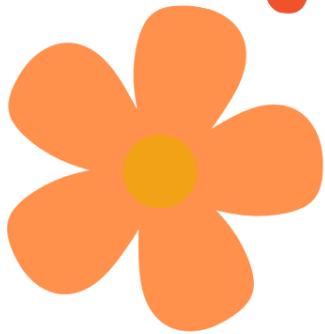


Section 1

Children

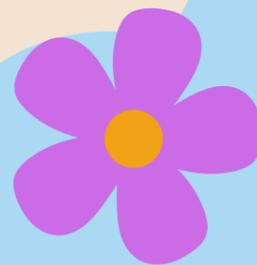
Kepping Calm

Recognise
Feelings



Mindfulness

Wellbeing
Check-in



Acts of
Kindness

Self Care



Ways to feel
good





Get a good night sleep



Do something creative



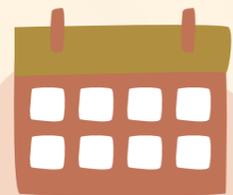
Self-Care



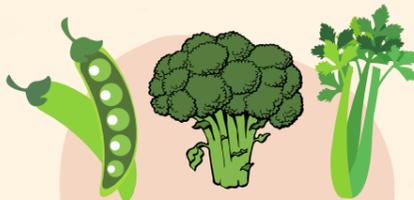
Exercise and be active



Drink enough water



Stay Organized



Eat your greens

See More : www.reallygreatsite.com





30 DAYS Self Care Challenge



CLEAN YOUR BEDROOM

COOK A HEALTHY MEAL

START A NEW HOBBY

READ A BOOK

WATCH A NEW MOVIE

MEDITATE IN THE MORNING

TAKE A NAP

PRACTICE GRATITUDE

DO A SIMPLE YOGA

WATCH THE SUNSET

MAKE A VISION BOARD

TAKE A WALK

CALL A FRIEND

VISIT A BOOKSTORE

WRITE A JOURNAL



RECYCLE YOUR WASTE

MAKE TIME FOR EXERCISE

EXPLORE A NEW CITY

TRY A NEW RECIPE

DRINK HERBAL TEA

QUALITY TIME WITH FRIEND

SET A NEW GOAL

CLEAN THE BEDROOM

BAKE SOME COOKIES

DO SKINCARE ROUTINES

PLAY WITH YOUR PET

PLANT A POTTED TREE

WATCH THE SUNRISE

DO CREATIVE ACTIVITY

DO GROCERY SHOPPING





A MINDFUL WEEK

M

Say something kind to yourself.

T

Write down something you are grateful for.

W

Find a moment to take five deep breaths.

TH

Do a quiet and calming activity you enjoy.

F

Celebrate something you achieved this week.

S

Observe what you see, hear, and smell outside.

S

Something you can accomplish next week.

MINDFULNESS

HELPS US:

BALANCE OUR EMOTIONS

FIND CALM

SHOW KINDNESS

SPARK OUR CURIOSITY

FOCUS AND OBSERVE

BUILD CONFIDENCE

LEARN COMPASSION

DAILY ACTS OF KINDNESS



SAY KIND WORDS
TO YOURSELF



SHARE AN ACTIVITY
YOU LOVE



LISTEN
ATTENTIVELY



GIVE YOUR BEST
EFFORT



BE FRIENDLY AND
GENEROUS



ENCOURAGE
SOMEONE



FIND SOMETHING
THAT BRINGS JOY



GIVE A COMPLIMENT
TO A FRIEND



OFFER YOUR
HELP

CALMING STRATEGIES

1

TAKE DEEP
BREATHS

WRITE

DOWN

YOUR

FEELINGS

2



SQUEEZE
SOMETHING

4

TALK IT OUT



EXPLORE

YOUR

SENSES

5

LISTEN TO
MUSIC

6



DRINK
& SNACK

7



EXPLORE
NATURE

8



Things I can do when I need to

CALM DOWN



NAME MY FEELINGS



DEEP BREATHING



WRITE A LETTER



IMAGINE A QUIET PLACE



CHILD POSE



DRINK WATER



WARM BATH



RUN



5-4-3-2-1
GROUNDING
TECHNIQUE



HUG



PAINT



BLOW BUBBLES



SMELL MY FAVOURITE SCENT



SQUEEZE SOMETHING



LISTEN TO MUSIC

100

99

98

COUNT BACKWARDS



EXPLORE NATURE



PRESS AND RELEASE PALMS TOGETHER



WATCH FISH



NOISE CANCELLING HEADPHONES



PLAY WITH A PET



HUG A TOY



WRAP UP IN A BLANKET



COUNT HEARTBEATS



WHAT DOES "SHOW, DON'T TELL" MEAN?

"Show, don't tell" is a writing technique where instead of directly stating something, you use descriptive details, actions, and dialogue to bring the reader into the story and allow them to experience it themselves.

USE VIVID DESCRIPTIONS

Use vivid descriptions and imagery to bring your writing to life and paint a picture in the reader's mind.

EXAMPLE

The sun dipped below the horizon, painting the sky with hues of fiery orange and pink.

ENGAGE THE 5 SENSES

Engage your reader's senses by describing what they can see, hear, smell, taste, and touch.

EXAMPLE

A gentle breeze whispered through the leaves, carrying the earthy scent of damp soil.

SHOW EMOTION

Show character's emotions through physical changes and actions rather than simply stating it.

EXAMPLE

His fists clenched, and his face turned crimson as he shouted, 'How could you betray me?'

Feelings

1- Look at the pictures and trace the words.



Happy



Excited



Sad



Scared



Angry

2- Match the pictures with the words.



scared



happy



sad



excited

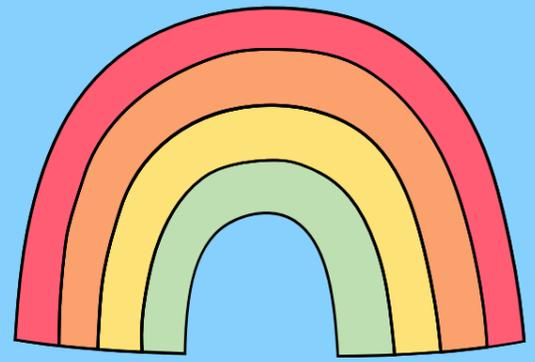


angry

3- Draw faces with different feelings. Point and say.



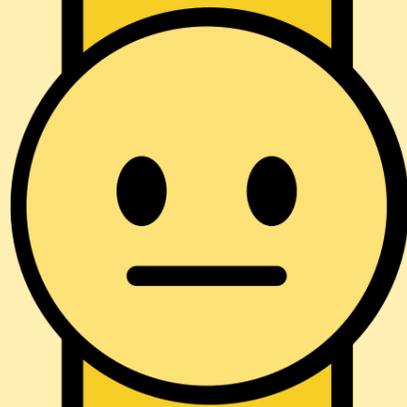
HOW AM I FEELING?



I feel **extreme** emotions. I might feel panic or fury.



I feel **strong** positive or negative emotions. I may feel enraged or ecstatic.



I feel **moderate** positive or negative emotions. I may feel anxious or excited.



I feel **mild**, positive emotions. I am in control, content, calm, and relaxed.

Ways to Feel Good

There are lots of ways we can help ourselves feel good, even if we are not having a good day.

What do you think you could do to cheer yourself up if you were feeling sad? Look at the pictures for some ideas if you need some ideas!



Name: _____ Date: _____

Kindergarten wellbeing check-in

Today I feel:



My main reason for the above feeling is:

I'm doing well at:

I need help with:

Name: _____ Date: _____

Daily REFLECTION

Today is: _____

How I feel about today:



My act of kindness:

Reason for my rating

Something new I learned today:

MINDFULNESS COLOURING



name: _____

My QR Code Keeper



SCAN ME



SCAN ME

Remember,
**you are
never alone**

Samaritans are here to listen 24/7.
You can call them any time for free on

116 123

SAMARITANS

A registered charity



SCAN ME

Lifeline

0808 808 8000

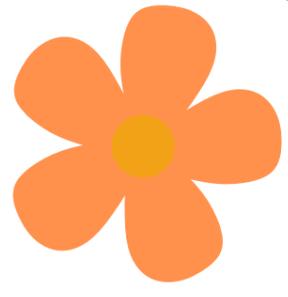


Section 2

parents & staff

Kepping Calm

Recognise Feelings



Mindfulness

Wellbeing Check-in



Acts of Kindness
Self Care



Ways to feel good



EAT WELL



REFRESH

Take mini breaks throughout the day



REST



SELF CARE

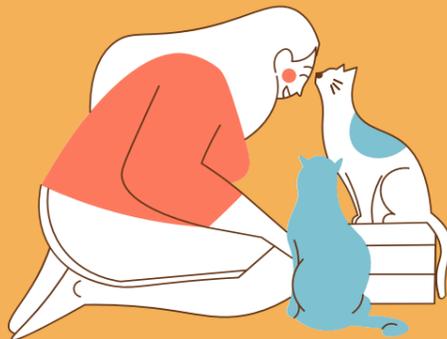
THE ART OF PAYING ATTENTION TO YOU AND YOUR NEEDS

FEED YOUR SPIRITUAL SELF



WIND DOWN

Engage in calming activities to decompress after work or school



SOCIAL

Spend quality time with special people



KNOW YOURSELF

Do more of what brings you joy



Self-Love & Mental Health



①

Self-love entails establishing healthy boundaries, confidently saying 'no' when necessary, and giving precedence to one's needs and well-being, all without feeling guilty.

③

Self-love is the act of nurturing and valuing oneself. It encompasses embracing both strengths and weaknesses while making self-care a priority.

②

Engaging in self-love practices can enhance mental health by bolstering self-esteem, self-confidence, and resilience in the face of challenges.

④

Self-love also encompasses self-compassion, wherein individuals treat themselves with kindness and understanding during trying times or when confronted with setbacks.

10 MINUTE ACTIVITIES FOR QUICK SELF-CARE!

**HAVE A
SHORT BREAK**



**DO SOME
JOURNALLING**



**TAKE A QUICK
10 MINUTE WALK**



**LISTEN TO MUSIC
OR MEDITATE**



**BURN SOME
ESSENTIAL OILS**



**CALL OR TEXT
A FRIEND**



**JOIN OUR
MEDITATION
CLASS ON
FRIDAYS**

reallygreatsite.com

self care challenge

month

year

take a 10
minute walk
outside

practice deep
breathing for
5 minutes

drink a glass
of water

learn yoga for
beginner

listen to your
favorite song

stretch for
5 minutes

have a
healthy snack

meditate for
10 minutes

call a friend
or family
member

take a power
nap

do a quick
decluttering
session

watch
a funny video

read a few
pages of a
book

do a quick
workout

have
a soothing
cup of tea

try a new
recipe

write in a
journal for 5
minutes

do a random
act of
kindness

take
a relaxing
bath

unplug from
technology for
an hour

watch the
sunset or
sunrise

do a mini
DIY project

make some
word of
affirmation

dance to
your favorite
music

reflect on your
day before
going to bed

notes

goals

mental-care checklist

week

activity

s

m

t

w

t

f

s

don't forget to take care of yourself and your health

exercise, eat healthy and get enough sleep

use relaxation through meditation or deep breathing

communicate with loved ones and friends

set realistic goals and manage time effectively

do things you enjoy

attend professional counseling sessions

limit exposure to negative news or social media

take breaks from work to rest and recuperate

notes

**5 WAYS
TO BE**

MINDFUL

1

Focus on what is happening around you.
What do you see, hear, smell, taste, or feel?

2

Take deep breaths and count each time you
breathe in and breathe out.

3

Show yourself some compassion by thinking
kind thoughts about yourself.

4

Think of a person or place that makes you
happy. What brings you joy?

5

Find a quiet activity that makes you feel calm
and allows you to focus your attention.



MINDFUL AFFIRMATIONS

POSITIVE THOUGHTS TO START YOUR DAY



I APPRECIATE TODAY AND
HOW I FEEL



I WILL SHOW MYSELF
COMPASSION



I AM PRESENT IN THIS
MOMENT



I WILL FOCUS ON WHAT
BRINGS ME JOY



I AM CALM AND
PEACEFUL



I WELCOME TODAY'S
OPPORTUNITIES



I ACCEPT MY THOUGHTS
AND FEELINGS



I AM CONNECTED TO
WHAT SURROUNDS ME



I AM GRATEFUL FOR
WHO I AM

Remember, the journey towards a better life starts with understanding oneself and embracing growth opportunities.

STAY ACTIVE!



HEALTHY HABITS FOR WELL-BEING



SLEEP WELL



02

PRIORITIZING MENTAL HEALTH

- Seek support from trusted individuals or professionals.
- Practice stress reduction techniques, such as journaling or talking openly about emotions.
- Engage in activities that promote relaxation and self-care.



01

NURTURING PHYSICAL HEALTH

- Prioritize regular exercise and physical activity.
- Maintain a balanced and nutritious diet.
- Get adequate sleep for optimal cognitive and physical functioning.

03

MAINTAINING HEALTHY

- Having a bedtime routine, avoiding screen time or heavy exercise right before bed, and lying down in a quiet, dark room all help promote better sleep.
- Exercise at least three times a week to maintain a healthy life.

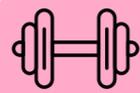


5 TIPS TO INCREASE YOUR HAPPINESS AND WELLBEING



Spend time with loved ones:

It is one of the quickest and easiest ways to increase our happiness levels.



Exercise:

Exercise releases endorphins, which have mood-boosting effects.



Help others:

Doing good deeds for others has been shown to increase happiness levels.



Connect with nature:

Spending time in nature has been linked with increased happiness and well-being.



Practice gratitude:

Expressing gratitude has been shown to increase levels of happiness and satisfaction.



Six routines to

Improve Your Wellbeing

01

Practice Positive Mindset

Positive mindset, positive life. We approach discomfort in a more positive and productive manner when we think positively.

02

Exercise Regularly

A body that has been conditioned to exercise on a regular basis is healthier and stronger.

03

Eat organic food

Organic food is grown without the use of unneeded chemicals. As a result, it is better for the body.

04

Practice mindfulness and gratitude

Being grateful entails accepting what we already have and letting go of what we don't, which can help us feel better about ourselves.

05

Drink lots of water

Water has a crucial function in human life. Drinking plenty of water offers numerous health benefits.

06

Maintain a work-life balance

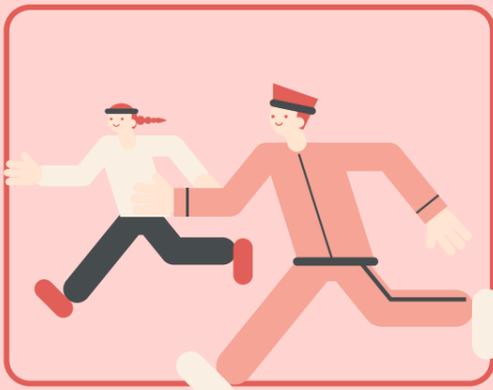
Achieving work-life balance is said to be beneficial to both mental and physical health.



EVERYONE'S EXPERIENCE WITH STRESS AND ANXIETY IS UNIQUE, SO FIND WHAT WORKS BEST FOR YOU. INCORPORATING THESE SIMPLE STRATEGIES INTO YOUR ROUTINE CAN HELP PROMOTE RELAXATION AND OVERALL WELL-BEING.



SIMPLE WAYS TO RELIEVE *Stress and Anxiety*



THE BENEFITS ARE STRONGEST WHEN YOU EXERCISE REGULARLY. PEOPLE WHO EXERCISE REGULARLY ARE LESS LIKELY TO EXPERIENCE ANXIETY THAN THOSE WHO DON'T EXERCISE.

USING ESSENTIAL OILS OR BURNING A SCENTED CANDLE MAY HELP REDUCE YOUR FEELINGS OF STRESS AND ANXIETY.



03

REACH OUT TO TRUSTED FRIENDS, FAMILY MEMBERS, OR SUPPORT GROUPS. SHARING YOUR FEELINGS AND CONCERNS WITH OTHERS CAN PROVIDE COMFORT AND PERSPECTIVE.



04

ENGAGE IN ACTIVITIES YOU ENJOY, SUCH AS READING, LISTENING TO MUSIC, PAINTING, OR PRACTICING A HOBBY. TAKING TIME FOR YOURSELF AND DOING THINGS YOU LOVE CAN HELP REDUCE STRESS.

PERSONAL GROWTH AND LEARNING



Dedicate time to personal development activities, such as reading books, attending classes or workshops, or pursuing hobbies.

PURSUING PASSION PROJECTS



Use your free time to engage in activities that ignite your passion and bring you joy.

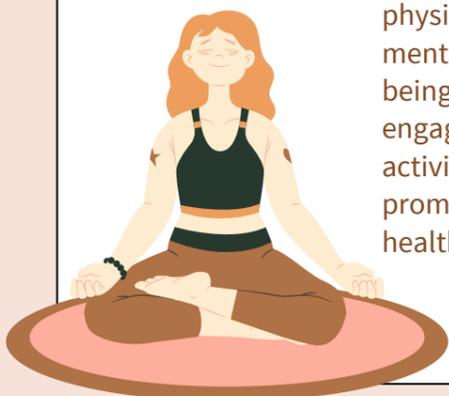
BUILDING RELATIONSHIPS

Spending quality time with important people in your life can strengthen bonds, offer support, and create lasting memories.



YOUR LIFE IS BUILT BY: WHAT YOU DO AFTER YOUR WORK HOURS

HEALTH AND WELLNESS



Prioritize your physical and mental well-being by engaging in activities that promote a healthy lifestyle.

GIVING BACK AND VOLUNTEERING

Consider engaging in community service or volunteering for causes you are passionate about.



RELAXATION AND RECREATION



Allow yourself time for relaxation and recreation to recharge and rejuvenate.

THE STEPLADDER APPROACH

Helping children with anxiety through gradual exposure.



Collaboratively set a tangible end goal for success. What will the child be able to do when they are successful?



Set an end reward for motivation, and additional small incentives for each step.



Together, devise the first step to success. Ensure it is only mildly anxiety provoking.



Child can determine the level of anxiety each step brings, using a 10-point scale.



Continue devising steps together of increasing challenge and anxiety level to overcome the fear.

WORK TOGETHER



GIVE LOTS OF PRAISE



REWARDS AS INCENTIVES

STEPLADDER GOALS

To help a child face and overcome a fear through gradual exposure.

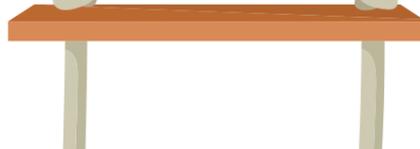
My goal is:

My end reward is:

Steps to success

Anxiety
rating
scale

Reward for
success



MINDFUL VISION BOARD



Something I will accomplish this year:

Three positive affirmations I will use to show self-compassion:

1

2

3

A calming activity I will try:

A mindful technique I will use:

Name:

Date:

WELLBEING WEEKLY GOALS

Living by Giving:

What act of kindness will you complete this week?

Learning and Trying:

What goal are you going to try and accomplish this week?

Purposeful Praise:

How will you make another person feel appreciated?

Reflecting and Acknowledging:

What are you proud of achieving this week?

MENTAL HEALTH

TIPS FOR KIDS GOING THROUGH DIFFICULT TIMES



01.

KEEP EVERYTHING SIMPLE

02.

ALLOW FOR PLAY

03.

KEEP A ROUTINE

04.

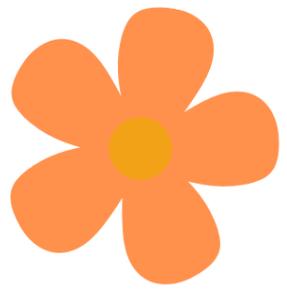
WATCH FOR WARNING SIGNS

@REALLYGREATSITE



Section 3

useful links



CONTACT US



Rural Support



CONTACT US

Useful Links

CONTACT US

Directory of services to help improve mental health and emotional wellbeing

Northern area

2020

HSC Health and Social Care

Urgent help and support

Emergency services

000 or 112

Police, ambulance service, fire and rescue service, coastguard.

097 1133 3300

Community Rescue Service.

GP out of hours services, Dairiada

Urgent care 008 2066 3000

Lifeline

0800 908 9000

Deaf and hard of hearing – Textphone users can call Lifeline on 1 8001 0808 908 9000

24 hour support for those in distress or despair.

Samaritans helpline

Telephone 116 123

Listening ear to those in distress.

Social services out of hours arrangements

028 9008 9000

Action on Hearing Loss

0800 908 0120

Telephone 0800 908 9000

Support for deaf people.

GP referral only services

Access to these services is through consultation with a GP who can make a referral if it is felt to be appropriate and with your permission (in some instances a social worker, mental health practitioner or other professional such as a teacher or health visitor can make a referral):

Self-Harm Intervention Programme (SHIP)

Community based psychological intervention and support service for people who self-harm. NHSCT and GP referral only service.

Service provided by Zest: www.zestni.org

Community addiction service

provides assessment and treatment for people aged 18 years or over who are experiencing problems with alcohol, drugs and other substances.

Community mental health teams (CMHTs)

are multi-professional teams that provide assessment, treatment and support services to people experiencing mental health problems. There are teams working in each council area within the Northern Health and Social Care Trust. In emergency situations, a crisis response service will link with out of hours GPs or the emergency department (ED).

Community outreach

provides a service for people with severe and enduring mental health problems who require intensive support in the community.

The Child and Adolescent Mental Health Service (CAMHS)

provides specialist multi-professional support in the community for children and young people aged up to 17 years experiencing mental health problems.

The dementia service

provides assessment, support and treatment for people in a range of settings who have dementia. The service also links with a number of voluntary and community organisations that provide support and respite in the community for the patient and their carers.

Hospital services

Inpatient and outpatient treatment is provided for those who have severe mental health problems requiring intensive treatment that cannot be provided in the community setting.

Older people's mental health teams

provide assessment, treatment and support services to people experiencing mental health problems and who are over the age of 65 years.

Rehabilitation programmes

are linked to a range of mental health services, supporting people who are coping with, and recovering from, mental health problems to develop personal, social and employment skills and opportunities.

Mental health including eating distress and anxiety support

Action Mental Health New Horizons

028 9442 9081

Support, training and employment opportunities for people coping with mental illness.

Aware

• Belfast 028 9035 7920

• Derry 028 7136 0600

NI charity providing support and information for those affected by depression.

www.aware-ni.orgSupport Mail Service: help@aware-ni.org

Beat eating disorders

• Adult helpline 0800 901 0677 (throughout)

• Studentline 0800 901 0811 (throughout)

• Youthline 0800 901 0911 (throughout)

www.beateatingdisorders.org.uk

Inspire

028 9032 8474

Local support, including housing schemes, home support, advocacy services, information services and education.

www.inspirewellbeing.org

MindWise

028 9440 0870

Currently offers a wide range of support services from locations throughout Northern Ireland.

www.mindwiseni.org

NHSCT eating disorder service

028 9441 3000

This service also has a voluntary support group called Stamp ED. Both services are available 9am – 5pm Monday to Friday.

PRAXIS Care

028 9000 4555

Praxis provides care to adults and children with learning disabilities, mental health issues and dementia.

SANELINE

0800 904 7000

For anyone coping with mental illness. Helpline from 9pm – 11pm.

Threshold (supported housing)

028 9000 1010

Offers residential therapeutic communities and other services to people in Northern Ireland.

www.threshold-services.co.uk

NHS information on mental health conditions, treatments and medications

www.choiceandmedication.org/health

For information on more services and support:

www.mindingyourhead.infowww.familysupportni.gov.ukwww.NH.com (Living Life to the Full)

Alcohol, drugs, smoking and gambling

Addiction services (Adult)

028 9031 3100

• For advice and support for alcohol and non-injecting drug use.

028 9031 3140

• For advice and support for injecting drug use.

Ballymena Youth Engagement Service (YES)

028 9044 0000

Offering a youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues. Run by Star360.

Carrickfergus Youth Engagement Service (YES)

028 9035 3890

Providing a youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues. Run by Carrickfergus YMCA.

ASCERT/Start360

0800 2545 120

Community based services for young people who are identified as having substance misuse difficulties.

www.ascert.biz

Extern

028 2560 4010

Step 2 service: therapeutic work for individuals 18+ who are misusing drugs and alcohol, and a support service for their family members.

Low threshold: harm reduction services for people who are chaotically misusing substances.

admin@extern.org

Al-Anon

028 9068 2048

To help and support families and friends of problem drinkers.

Alcoholics Anonymous

028 9005 1000

Carlisle House (residential services)

028 9000 8008

Substance misuse treatment centre.

www.carlislehouse.org

Addiction NI

028 9086 4434

Drug and alcohol intervention and support services for adults and family members - specific support available for offenders and those aged 55+.

www.addictionni.com

Gamblers Anonymous

028 9024 9185

www.belfastga.co.uk

Northlands Centre, Derry

028 7131 3000

Websites for further information

www.stepsnirkingni.infowww.drugandalcoholni.infowww.talktofrank.com

Abuse

24 Hour Domestic & Sexual Abuse Helpline

0800 900 1414

Open to anyone affected by domestic or sexual abuse.

help@24ahelpline.orgwww.24ahelpline.org

National Association for People Abused in Childhood (NAPAC)

0800 901 0001

www.napac.org.uk

Nexus NI

• Northern and Western area 028 7128 0500

• Belfast, South Eastern and Southern 028 9000 8800

Advice and confidential support and counselling for those who have been sexually abused.

The Rowan - Regional Sexual Assault Referral Centre

24 hour telephone helpline 0800 989 4424

Support and services for anyone who has been sexually abused, assaulted or raped.

www.therowan.net

PSNI non-emergency reporting number

24/7 service 104

Victim Support NI

028 9024 3130

Emotional support for victims of crime.

www.victimsupportni.com

Women's Aid Federation NI

Helpline 0800 900 1414 (24/7 service)

• Causeway Coast and Glens 028 7005 8570

• Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey 028 2143 3130

• Mid Ulster 028 9076 9300

Support and advice for women who have suffered or are suffering from domestic abuse.

www.womenaidni.org

The Men's Advisory Project (MAP)

028 9024 1939 or 028 7118 0001

Specialised support for any man who has been a victim of domestic abuse.

www.mapni.co.uk

Helping someone who is thinking about suicide

1 – Approach the person and ask

Show you care, ask if they are thinking about suicide.

2 – Listen, give support

Let them explain their feelings. Tell them you have to take any threats seriously.

3 – Get help

Tell them you will support them to find help. **Get professional help straight away.** Call 999 in a crisis. Remove potential means of suicide and don't leave them alone.

Bereavement

Cruise Bereavement Care

• Cruise Northern Area 028 2704 6466

• Cruise helpline 0800 908 1877

Cruise offers information, support and advice to anyone affected by death.

www.cruise.org.ukYoung people: www.hopeagain.org.uk

Barnardo's child bereavement service

Advice line 028 9086 8333

www.barnardos.org.uk

Barnardo's Northern Area children and young people bereaved by suicide support project

Northern Area number 077 9814 8049

Child Death helpline

Freephone 0800 292 986

Free for mobiles 0800 800 0010

Miscarriage Association

014 2820 0700

info@miscarriageassociation.org.ukwww.miscarriageassociation.org.uk

NI Stillbirth and Neonatal Death Society (SANDS)

097 4000 3400

www.sandsni.org

NHSCT bereaved by suicide service

028 9441 3544

Sexual health

Positive Life

028 9024 9068

Confidential helpline 0800 137 430

Providing support services, advice and signposting to people living with and affected by HIV.

www.positivefirst.com

Common Youth

• Coleraine 028 7004 2178

• Belfast 028 9032 8866

Free confidential advice on sex and contraception for young people aged under 25 years.

hello@commonyouth.comwww.commonyouth.com

Informing Choices NI (formerly IpANI)

0245 120 8881

Confidential information, advice and support on aspects of sexual health and family planning.

www.informingchoicesni.org

Genito Urinary Medicine (GUM) Clinics

• Causeway Hospital 028 7004 9700

• Royal Victoria Hospital 028 9615 2111

Belfast Appointment line 8.15-11.15am

www.sexualhealthni.info

Relationship Resource Centre, Carrickfergus

028 9030 8007

Offers support and education with family life, sexual health and crisis pregnancy. Our services include: sexual health information appointments; online and telephone support; educational lessons and programmes; specialised children's counselling; young people's counselling; adult counselling.

www.therelationshipresourcecentre.co.uk

Sexual orientation and gender identity

LGBT Switchboard

0800 9000 340

LGBT Northern Ireland

www.lgbtmi.org

Transgender NI

www.transgenderni.org.uk



Useful Contacts



Young Minds

<https://www.youngminds.org.uk>

Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.

Mind

<https://www.mind.org.uk>

We support minds – offering help whenever you might need it through our information, advice and local services.

Mental Health Foundation

<https://www.mentalhealth.org.uk>

You and your community should be able to live life to the full. That is why we are continuing to find ways to prevent mental health problems.

Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters>

A public health England and NHS site to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. Get expert advice and practical tips to help you look after your mental wellbeing and make them part of your daily routine

Mentally Healthy Schools

<https://www.mentallyhealthyschools.org.uk>

Quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing.

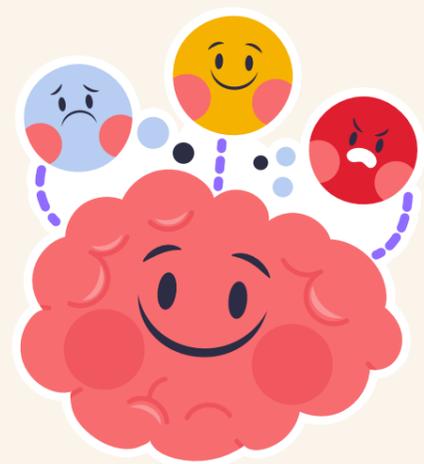
Childline

<https://www.childline.org.uk>





Useful Contacts



Action for Children

<https://parents.actionforchildren.org.uk/chat>

Free and confidential live chat (various times, morning to evening) with a parenting coach to offer information, advice and guidance regarding family life, caring for children or managing parental wellbeing.

Family Action

<https://www.family-action.org.uk/what-we-do/children-families/familyline>

Emotional support and parental guidance to address complex family pressures and issues via telephone, text, web chat or email. Available 9am to 9pm, Monday to Friday.

Samaritans

<https://www.samaritans.org/how-we-can-help>

If you need someone to talk to, the Samaritans listen. They don't judge and they won't tell you what to do.

Hub of Hope

<https://hubofhope.co.uk>

This is an app which you can download to your phone. Wherever you are, there is always hope. the app allows you to find all the local services wherever you are in the country. Find support that's right for you.



