

# Plymstock School



MENTAL HEALTH  
& WELL-BEING  
FOR ALL

Wednesday 24 February 2021

Year Group Virtual Assembly

**MENTAL HEALTH & WELLBEING**

What have the following words got in common?



Arachnophobia

Ophidiophobia

Acrophobia

Aerophobia

Cynophobia

Astraphobia

Trypanophobia



They are all  
types of phobias,  
which lead to  
people  
developing the  
emotion of FEAR  
& WORRY



# The signs of worry



Thoughts

Physical

Avoidance



How are you feeling about returning to school?

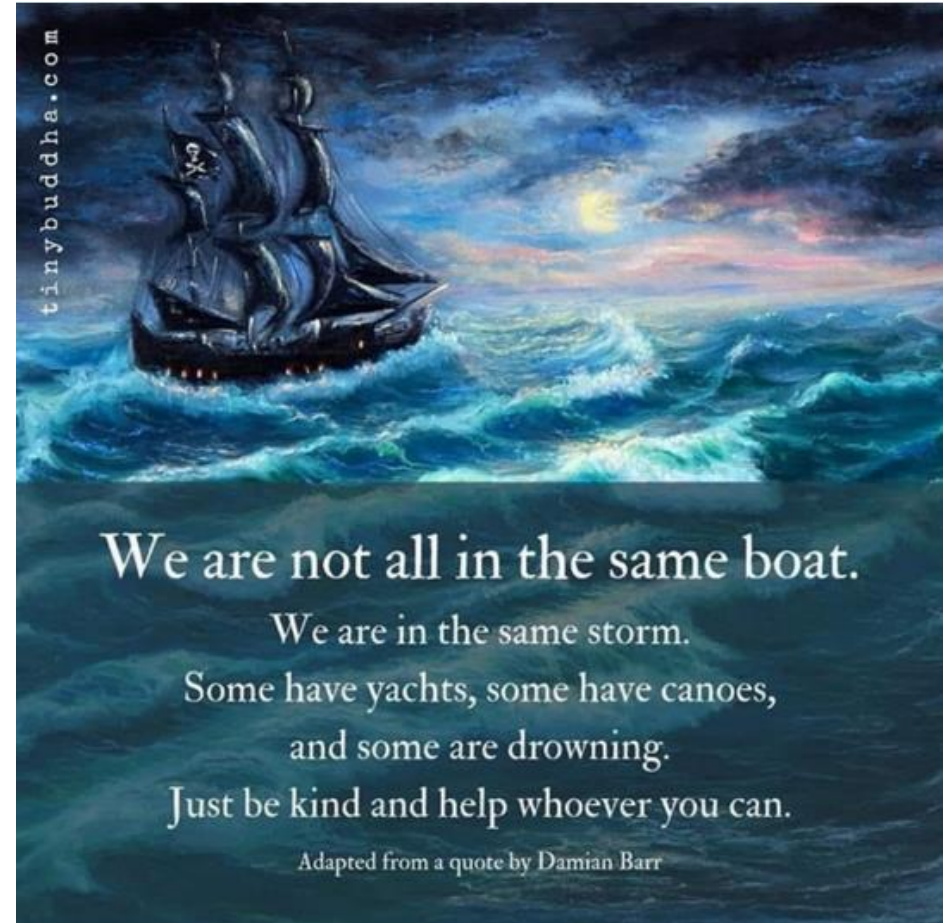


# Returning to School

## What are your worries?



- Friendships
- Getting back into routines
- Seeing my teachers
- Exams
- Ready to Learn
- COVID rules
- Feeling isolated
- Family
- Missing being at home
- Catching up on school work



# We can't wait to welcome you back!



If you're experiencing these emotions, try to remind yourself of the following:

**IT'S OKAY  
NOT TO  
BE OKAY.**

It is understandable to experience difficult feelings about the coronavirus pandemic and returning to school, especially after living through it for so long. There is no 'normal' response to a pandemic.

Your feelings might change day-to-day, and may be affected by things outside of your control. This might include feeling worse before getting better.

**Remember: Reach out to someone and tell them how you are feeling**

Everyone feels worried or stressed at times.... So let's be kind to each other



in a world where  
you can be  
anything.....

**Be Kind**



# Where can I get help and support from?



Mental Health and Wellbeing



**Mind:**

Telephone: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

**SAMARITANS**

**Samaritans:**

Telephone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**kooth**

Kooth is a free online service  
offering emotional  
and mental health support  
for children and young people

[www.kooth.com](http://www.kooth.com)