

Mental Health Expert

We interviewed Mrs Harris today about mental health and wellbeing, here is her insight into the world of wellbeing.

Mental health problems are common, but luckily there are people to help. There are new forms of mental health support teams. This includes MHST's. These are a new service that meet the needs of students from the ages of 5-18. They work with schools, colleges and other educational settings. These teams are growing rapidly. There is estimated to be 500 of these support teams catering to 3 million pupils by Spring 2024.

Here are some quick tips and quotes from Mrs Harris to improve your mental health;

'I think that there are all different ways to relax. You have to just develop your own strategies. These may include reading or blasting your favourite song.'

'Challenges that come with my job include: not having enough time to deal with students as there are not enough hours in a school day.'

'I enjoy my job because I like spending time with students and helping them develop and watch their journeys through school.'

'Tips for mental health I would give would be to look after yourself by getting enough sleep and if in doubt play your favourite song.'

Take it from Mrs Harris, an expert in this topic.