Mental Health and Wellbeing Newsletter November 2022



New Way November



Stress Awareness / Spotting the signs of stress

Stress is a part of everyday life however if you feel stress is impacting you negatively there are things we can do to help

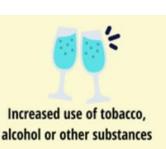
- Talk to a family member or friend
- Ask for help
- Speak to a doctor















If you have concerns over your child's mental health or wellbeing, please contact us in school.