

Mental Health and Wellbeing Newsletter June 2022

Be joyful over the month of June to boost wellbeing

Joyful June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down
6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone
13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active
20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it
 27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)			

ACTION FOR HAPPINESS **Happier · Kinder · Together**

June is both Men's mental health month and Pride Month.

Throughout this newsletter there are blue links which will direct you to more information

Some of us identify as **LGBTIQ+**. This means we may be lesbian, gay, bisexual, trans, intersex, non-binary, queer or questioning. Or we may define our gender and sexuality in other ways. [Stonewall's glossary](#) lists many more terms.

Anyone can experience a mental health problem. But those of us who identify as LGBTIQ+ are more likely to develop problems like:

[low self-esteem](#)

[depression](#)

[anxiety](#), including [social anxiety](#)

[eating problems](#)

[misusing drugs and alcohol](#)

[self-harm](#)

[suicidal feelings](#)

[other mental health problems.](#)

Being LGBTIQ+ does not cause these problems. The reasons why those of us with LGBTIQ+ identities are more likely to get them are very complicated. But it is most likely to do with facing things like:

[homophobia, biphobia and transphobia](#)
[stigma and discrimination](#)
[difficult experiences of coming out](#)
[social isolation, exclusion and rejection](#).

It's important to remember that embracing your LGBTIQ+ identity can also have a positive impact on your wellbeing. It might mean you have:

increased confidence
improved relationships with your friends and family
a sense of community and belonging
the freedom of self-expression and self-acceptance
increased resilience.

Support



<https://www.consortium.lgbt/member-directory> signposting support

If you identify as **LGBT+** and are suffering abuse you can call [Galop](#) on [0800 999 5428](#) for emotional and practical support help@galop.org.uk



<https://gids.nhs.uk/parents-and-carers/>



other social transitions and much more.

GIDS is organisation supporting young people's gender identity development. Their website is full of useful information and guidance including signposting to support, advice for what to do now and in the future, support through puberty and

Men's Mental Health Facts (UK)

- Just over three out of four suicides (76%) are by men and suicide is the biggest cause of death for men under 35 (Reference: ONS)
- 12.5% of men in the UK are suffering from one of the common mental health disorders
- Men are nearly three times more likely than women to become alcohol dependent (8.7% of men are alcohol dependent compared to 3.3% of women)
- Men are more likely to use (and die from) illegal drugs
- Men are less likely to access psychological therapies than women.

Finding Support for Men's Mental Health

There are lots of organisations and charities that are centered around supporting men struggling with mental health issues.

It can be difficult to encourage our male loved ones to open up and talk about their mental health, due to societal expectations about how men "should" behave and what masculinity is. Some men feel that they must continue to display what have traditionally been perceived as masculine traits like strength, stoicism, dominance, and control. This "man up" attitude has proven to be dangerous, and we must all play our part in putting a stop to this culture and encouraging men to address their issues more and also seek help for them.

Charities and Organisations for Support

Men's Health Forum – <https://www.menshealthforum.org.uk/>

CALM – Campaign Against Living Miserably – <https://www.thecalmzone.net/>

Movember -Supporting Men's Health – <https://uk.movember.com/mens-health/mental-health>

Father's Reaching Out, Father's Mental Health – <https://www.reachingoutpmh.co.uk/>

Men's Sheds UK – Support for Lonely Older Men – <https://menssheds.org.uk/>

Mind – www.mind.org.uk

If you are concerned about somebody, please contact a professional such as the organisations above for advice on how to approach the conversation about their mental health.



If you would like support or are finding things difficult, please contact us at school. Further information, support and signposting is available on our website [Mental Health and Wellbeing - Two Rivers Federation \(tworiversschool.net\)](http://Mental Health and Wellbeing - Two Rivers Federation (tworiversschool.net))