



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

FRIENDSHIP

Friendship is vital for our mental health! Our friends can keep us grounded, help to put things into perspective and support us through hard times. We might want to hide away from our friends if we are feeling sad or worried, but our friends can actually help us to overcome these difficulties.

Our tips for being a good friend:

1- If a friend shares with you how they are feeling, this might be the first time they have spoken to someone about their struggles. They may also find it difficult to put their feelings into words, here's what you can do:

- Listen
- Be patient with them
- Reassure them
- Show you are still their friend
- Let them know their feelings are OK
- Show them you are there for them ('actions speak louder than words')
- Help them to talk to an adult (*only if they are comfortable*)
- Ask them what they need

2- Ask the class to think about what makes a 'good friend'. Children could each draw a picture of themselves and label the characteristics they would like to see in an ideal friend. Ask the class to reflect on what they can do to be a better friend to others!



Follow the QR code for some ideas of what other children think makes a good friend.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.