

OUR WELLBEING NEWSLETTER | MAY 2026

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As we mark Mental Health Awareness Week, our school community comes together to recognise the importance of emotional wellbeing in every aspect of student life. In a world that can often feel fast-paced and demanding, it's vital that we create space to talk openly about mental health, support one another, and build resilience. This week is an opportunity not only to raise awareness, but also to remind every student, staff member, and family that no one has to face challenges alone. By fostering kindness, understanding, and connection, we can continue to make our school a place where everyone feels safe, valued, and supported.



As our Year 11 students begin their GCSE exams, we would like to wish them all the very best of luck. This can be a challenging and emotional time, so it is important that students look after both their physical and mental wellbeing. In this wellbeing newsletter, you will find advice, support, and strategies to help students manage stress, stay positive, and approach the exam period with confidence.



**MENTAL
HEALTH
FOUNDATION**

**MENTAL
HEALTH
AWARENESS
WEEK**
11-17 MAY 2026



ACTION

**FOR YOURSELF.
FOR SOMEONE ELSE
FOR ALL OF US.**

11-17 MAY 2026



Donate here

Share your story:

#MHAW2026

#MentalHealthAwarenessWeek

@mentalhealthfoundation

Take action for good mental health this
Mental Health Awareness Week

Even small actions make a difference,
and when we come together we can be
a powerful force for change. **Join us!**

mentalhealth.org.uk/mhaw

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**Awareness is vital, but
real change comes when
we take action too.**

This Mental Health Awareness
Week, take action for good
mental health – for yourself, for
someone else, for all of us.



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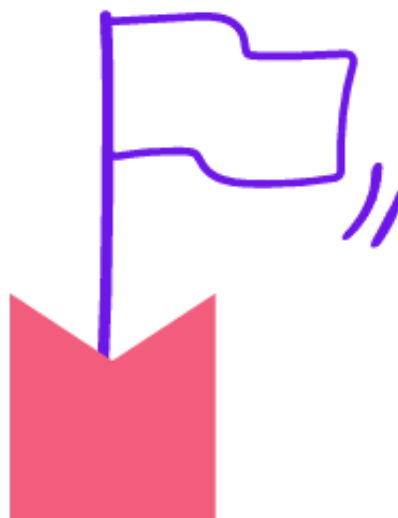
**MENTAL
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Our top ten actions to support good mental health

These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.

1. PLAN SOMETHING TO LOOK FORWARD TO

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.



2. EAT WELL

One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.



3. GET CLOSER TO NATURE

Spending time in nature can boost your mood, lessen stress, and help you concentrate.



4. GET GOOD SLEEP

Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.



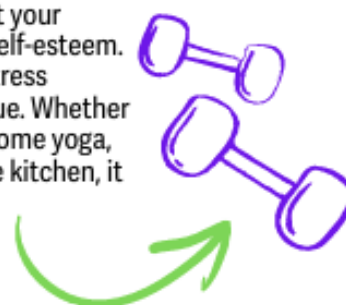
5. GET CREATIVE

Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.



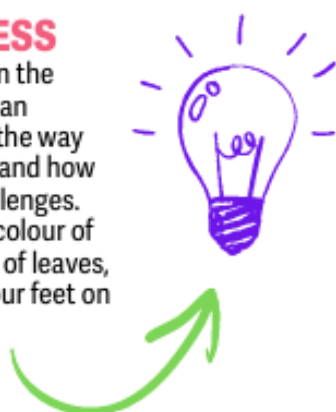
6. MOVE REGULARLY

Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



7. TRY MINDFULNESS

Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.



8. MAKE TIME FOR FRIENDS

Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.



9. BE KIND

Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.



10. TALK THINGS OVER WITH SOMEONE YOU TRUST

It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.



Everyone deserves good mental health.
For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

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ACTION

FOR YOURSELF.
FOR SOMEONE ELSE
FOR ALL OF US.

For yourself

This Mental Health Awareness Week, find your one thing to boost your mental health. Choose one positive action that works for you.



For someone else

The environment we live in impacts our mental health. What can you do to help build mentally healthy communities, workplaces and schools?



For all of us

Individual actions matter, but they're only part of the story. We need those in power to take action to ensure good mental health for everyone in the UK.



PARENTING RESOURCES:

Parents and carers play an important role in children's wellbeing. Take a look at our expert-led parenting articles and tips to help your child navigate any challenges they may come across.

The image displays a grid of 12 parenting resource cards. Each card features a title, a duration for the resource (either a video or a read), and a 'Read now' button. The cards are arranged in four rows and three columns. The resources include:

- My child is worried about the news (7 min read)
- How can I support my child after a traumatic event? (5 min read)
- My child has friendship issues (2 min video, 5 min read)
- Helping your child prepare for Secondary or High School (2 min video, 10 min read)
- Helping my child feel they belong (5 min read)
- My child might be neurodivergent (10 min read)
- My child struggles with changes and endings (7 min read)
- Understanding sibling rivalry (2 min video, 6 min read)
- Problem solving with children (2 min video, 5 min read)
- De-escalation techniques with children (2 min video, 10 min read)
- My child wants a mobile phone (5 min read)
- My child pushes my buttons (2 min video, 6 min read)

[Place2Be: Parenting Smart - Articles](#)

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Eight actions to improve mental health in the long term

Taking action to support your mental health can help you feel better in the present moment. But it can also have long-term benefits, helping you to manage better in the future.

Creating sustainable mental health actions that fit into your daily or weekly routine is important for making them into habits that stick. Here are eight long-term mental health strategies to help you make sustainable, positive changes to your wellbeing:

1. PRIORITISE YOUR HEALTH

Being physically active, sticking to a healthy, balanced diet, and getting enough sleep play a big part in maintaining good mental health as well as physical health.



2. CONNECT WITH OTHERS

Regularly spending time with friends, family and loved ones is great for preventative mental health care. Staying socially connected can help you feel less lonely, allow you to share positive experiences with others, and may also lower the risk of serious health problems in the future.

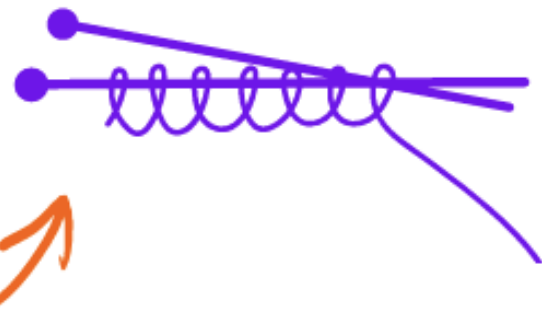
3. BE PRESENT

Paying attention to the present moment, sometimes known as 'being mindful', can boost your wellbeing and help you see things from new perspectives.



4. LEARN A NEW SKILL

If you're looking for ways to boost your self-esteem, build a sense of purpose, and connect with others, learning a new skill can help. You could try cooking a new recipe, working on a DIY project, or picking up a hobby that challenges you, like learning to paint.



5. LEARN TO UNDERSTAND AND MANAGE YOUR EMOTIONS

Feeling very upset makes it difficult to think clearly, make healthy decisions or relate to others. Paying attention to our feelings and reflecting on what caused them, without judgement, can help us understand and manage them better. Putting our thoughts and feelings down in writing can help with this. Over time and with practice, these steps can make intense emotions easier to cope with.



6. SET BOUNDARIES:

Setting boundaries doesn't always feel easy or comfortable at first, but it can help reduce stress, prevent burnout, build self-esteem, and improve relationships overall. Think about what your personal limits and values are and let these guide you when setting new boundaries.



7. PRIORITISE SLEEP

Good quality sleep is fundamental to emotional and cognitive wellbeing. Disrupted or insufficient sleep can increase our vulnerability to stress, anxiety and depression. Simple steps like keeping a consistent bedtime, winding down before sleep and reducing screen time in the evening can all support good sleep and help you feel more resilient.



8. SEEK PROFESSIONAL SUPPORT

If life feels overwhelming, asking for professional support may help. Talking therapies can treat many mental health difficulties and help you build emotional resilience, creating long-lasting mental health improvements.



Everyone deserves good mental health.
For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

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WHAT IS EXAM STRESS?

Exams are stressful for most of us. And we all experience stress in different ways. Exams can come with a lot of pressure. And it's easy to feel overwhelmed by them.

Lots of us know what it feels like to be stressed. But there's no one way to describe what stress is.

Stress might feel different for you than it does for someone else. How we experience stress can feel different at different times. It can also depend on what's causing it.

Feeling stressed, worried or under pressure around exams can be difficult to manage. But there are things that can help – it's about finding what's right for you.

WHAT CAUSES EXAM STRESS?

Exam stress can be more than feeling nervous on the day of an exam. It can also be how you feel leading up to exams, during exams and when waiting for results. Other things might make us feel worse too.

These might include:

- Not feeling ready or prepared for exams, like feeling behind with revision.
- Worrying about how you'll do in exams, especially when you don't know what will be in them.
- Worrying about sitting exams in different situations, like in a new place or under timed conditions.
- Pressure from others, like parents, carers or teachers.
- Putting pressure on yourself to get certain grades.
- Comparing yourself to others, like believing you have to get the same results as your friends or partner. Or feeling you're not coping as well as the people you see on social media.
- Worrying about the future, like getting into university or getting a job.
- Having struggled with exams before, like worrying about future exams if you've found SATs or GCSEs stressful.
- Coping with life changes, like moving from secondary school to college.



- Having problems at home or in relationships with family, friends or partners.
- Caring for a family member or someone you live with.
- Living with physical or mental health problems or not having the right support.
- Being neurodivergent, like being autistic or having ADHD or dyslexia.

You may feel stressed for reasons that aren't listed here. You might also experience a few of these things at the same time. And things might build up and feel overwhelming.

TIPS FOR EXAM STRESS: DURING EXAM PERIOD

Here are some ideas on how to look after yourself:

- Make time for things you enjoy
- Find ways to release stress and celebrate progress. You could listen to music, draw, cook, play with a pet or go for a walk. You can try things alone or with friends.
- You could also plan something nice for your breaks, like eating a snack you like or watching a TV show you enjoy.
- Talk to others about how you feel

- Connect with other people, especially people who are going through the same thing. This could be through a study group or with a friend from school.



- Be realistic about what you can do in a day or a week. And try to balance studying with breaks. A revision timetable might help with this.
- You could also try the Pomodoro technique. This is where you work for 25 minutes and then take a break for 5 minutes. After doing this four times, you then take a longer break.



- Try to include things you enjoy in your study breaks, like listening to music or playing a game. It can also help to have at least one day a week when you don't study.
- If it helps, you could revise in more creative ways, like drawing diagrams or making up songs.

- If reading, seeing or using screens is difficult, try listening to podcasts or using tools that read text aloud.
- It can help to revise at times of the day when you feel better and have more energy.
- Revise in exam-like conditions. Some of us find revising in exam-like conditions can help us feel more prepared.
- The night before an exam, get everything you need ready to take with you, like pens and water. You could also set an alarm for when to wind down in the evening to try to get a good night's sleep.
- Be kind to yourself. It's also important to be kind to ourselves and practice self-compassion.

REMEMBER: Take care of your wellbeing. It's important to look after your wellbeing as much as possible. This includes physical health as well as your mental health. Make sure you get enough food, water and exercise. Lots of us find nature to be helpful for our mental wellbeing too. Not all of us have easy access to nature, but we can find ways to connect with it, like listening to nature sounds for example.



ON THE DAY OF AN EXAM:

To help cope with stress on the day of an exam, you could:

- Start your day the best way you can. Try to eat breakfast and make sure you have enough time to arrive at your exam without rushing. It may be tempting to keep

revising right before the exam, but having a break can really help. You've already done enough.

- Ground yourself with a breathing exercise. If you feel overwhelmed in the exam, breathing exercises could help. Try to breathe in through your nose for 4 counts, hold it for 2 counts and breathe out through your mouth for 7 counts. Repeating this can slow your breath and keep you calm.
- Take your time. When you're feeling stressed, it can be tempting to rush through the exam. But try to read the questions carefully. Take time to pause and plan what you need to do before answering.
- Remind yourself that it'll be over soon. You've done all you can do, and that's okay.



AFTER AN EXAM:

To cope with stress and difficult feelings after an exam, you could think about:

- Try not to compare yourself to others. Some people might find it helpful to talk about the questions, compare answers or look answers up after an exam. But for many of us, this can be stressful and it may help to avoid these types of conversations.
- You can set screen or app breaks on your phone if you feel like you might use it to compare yourself to other people.
- Remember: you can only try your best. Each new day is a chance to start again.
- Focus on next steps. Think of something to do afterwards that you enjoy. You could go out with your friends, play video games or eat your favourite food. Whatever helps you to feel good and relax.
- Think ahead in a positive way – if you have another exam, focus on the time and date that it'll be over.
- Relax before your next exam. This can be hard to do, especially if we feel lots of pressure to keep studying. But exams are tiring and you might find it easier to revise after taking a break.





Warrington and Halton Support Hub

**Are you feeling distressed, anxious,
or that things are too much for you?**

Warrington & Halton Crisis offers free mental health support to anyone aged over 18, in a safe, comfortable and supportive environment.

Our experienced staff team is available to provide non-clinical emotional, social and practical support if you are in crisis or feel you are heading toward a crisis situation. There is no need to be referred and no need for an appointment. We are open every night for face-to-face support.

We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

Please be aware this service is not suitable for people needing urgent medical attention (for example, after self-harm); for urgent medical care please attend your nearest A&E or call 999.

Face to face

Warrington, open Friday-Monday and Wednesday, 6pm-midnight

Address: The Gateway, 85-101 Sankey Street,
Warrington, WA1 1SR

Widnes, open Tuesday, 6pm-midnight

Address: St Paul's Church, Victoria Square, Widnes
WA8 7QU

Runcorn, open Thursday, 6pm-midnight

Address: St Michael and All Angels Church, Greenway
Road, Runcorn WA7 5BS

Call: 07816 269 727

Email: mhm-no2.warringtonandhalton@nhs.net

Scan to learn more:



MENTAL HEALTH SUPPORT FROM PARTNER AGENCIES:

Mental Health Support Team (MHST)

What? Mental Health Support Teams provide preventative and early help for students experiencing mental health difficulties.

- **Anxiety**
- **Low mood**
- **Exam stress**

Who? Our schools practitioner is Rachel (We do have others that come in to school to support)

All about me

Rachel

NHS
Mersey Care
NHS Foundation Trust



Hi! My name is Rachel and I am a Senior Mental Health Practitioner with Warrington Mental Health Support Team.

I look after my own wellbeing by spending time outdoors, cooking new recipes and being with loved ones.

My favourite food is steak with mushrooms, onions and triple cooked chips!

Mental Health Support Team service provides direct mental health support to our school.

The service aims to promote the early detection and prevention of mental health problems across the whole school and strengthen links between schools and mental health services. The team will provide direct, ongoing support to schools around mental health and wellbeing.

This will include:

- Providing direct interventions to pupils with mild to moderate mental health conditions, such as anxiety, low mood or behavioural difficulties.
- Where young people require specialist support, making onward referrals for pupils to local services, such as [child and adolescent mental health services \(CAMHS\)](#).
- Providing training, education and advice to school staff to help them better support their pupils around mental and emotional wellbeing.
- Championing mental wellbeing and resilience across the whole school community, providing guidance around issues such as bullying and coping with exam stress.



School Nurse

What? School nurses are Specialist Community Public Health Nurses (SCPHN) who work with children and young people, their families, and schools to improve health and well-being.

How? Students can access the drop in sessions.

Who? Leanne is our school Nurse



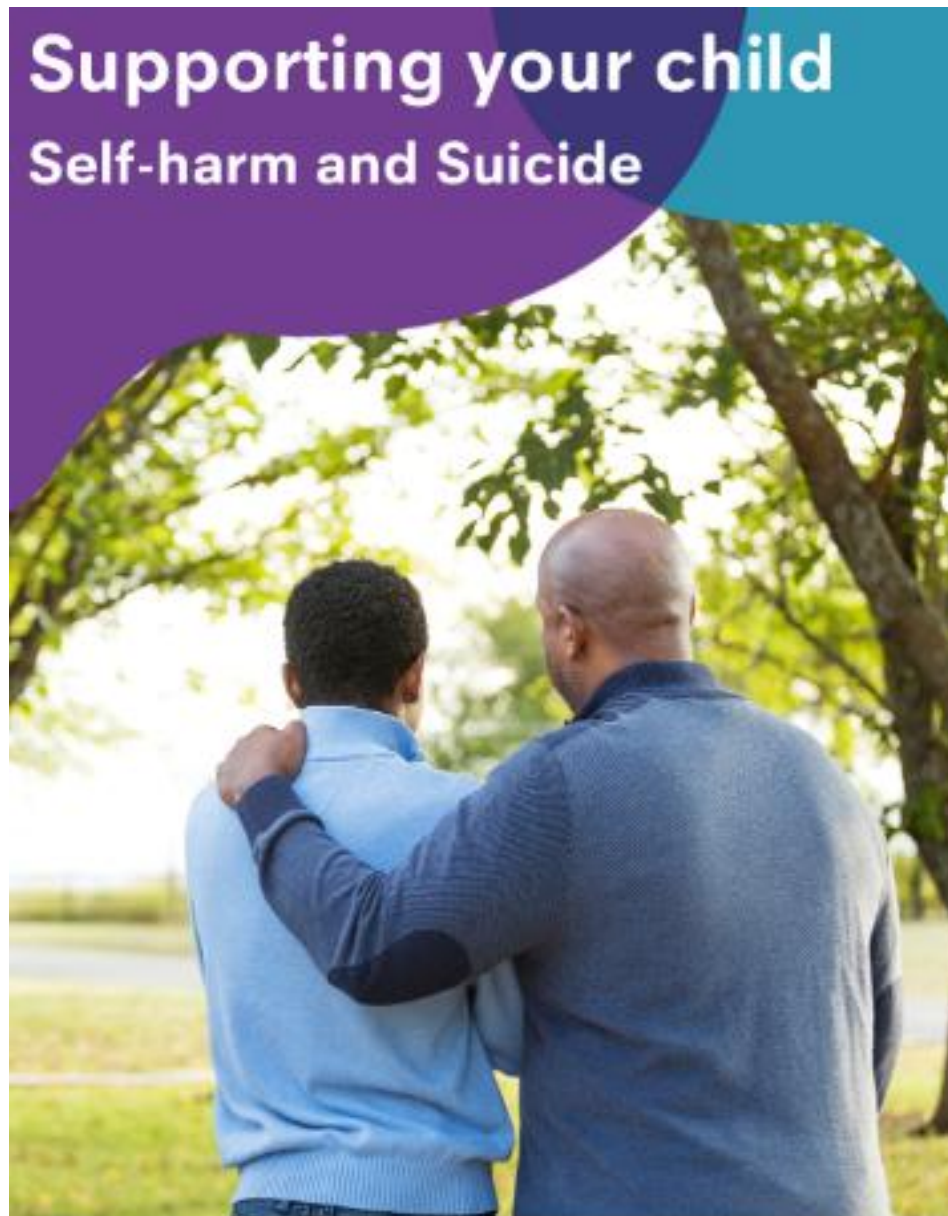
School Nurse drop-in sessions:

Thursdays at Break in the Boardroom

School nurses play a vital role in promoting and supporting the health and well-being of students. They provide direct care, health education, and guidance to students, families, and school staff, addressing both physical and mental health needs. This includes offering health assessments, screenings, as well as supporting students with chronic conditions and providing confidential advice and care.

When in crisis:

The link below is a booklet from Papyrus, the young person suicide prevention charity. They can help and support a young person in danger of suicide and self-harm. They have a call centre for young people in crisis.



endorsed by



PAPYRUS
PREVENTION OF YOUNG SUICIDE

[Copy-of-Supporting-your-child-ENG-version-FINAL.pdf](#)
[Copy-of-Supporting-your-child-ENG-version-FINAL - Adobe cloud storage](#)



YOUTH IN MIND



Mersey Care
NHS Foundation Trust

WARRINGTON



An **OnSide** Youth Zone



DROP IN

Monday - Sunday

3.30pm - 7.30pm

A free and discreet drop-in service offering early intervention support to young people aged 7-19 (up to 25 with a disability) who are experiencing challenges with their emotional wellbeing.

No appointment or referral is necessary and young people do not have to be a Youth Zone member to access this support.

Our friendly Key Workers are here to listen, offer advice and guidance, and will introduce you to a range of wellbeing projects and mental health services at the Youth Zone, in your local community, and online.

warringtonyouthzone.org



Department
of Health &
Social Care

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young People's Emotional and Mental Health & Wellbeing'.

The project delivery is a partnership between Warrington Youth Zone and Mersey Care 'Child & Adolescent Mental Health Services'



Warrington
Youth Zone
Dallam Lane
Warrington
WA2 7NG



warringtonyouthzone.org



Department
of Health &
Social Care

YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU
WANT TO SAY - POST IT HERE...



USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA, MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT, SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

VISIT [HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE](https://www.healthline.com/health/breathing-exercise)
FOR SOME CALMING BREATHING EXERCISES

SUPPORT NUMBERS:

If the child/young person is in immediate danger, please contact the 24-hour crisis line on - 01744 415640 or contact your local A&E department or call 999.

The webpage for Merseycare's crisis team is:

<https://www.merseycare.nhs.uk/our-services/warrington/child-and-adolescent-mental-health-service-crisis-response-team/>

In the meantime, please see services below to support health and wellbeing:

Neurodiversity Advice and Support

ADDvanced Solutions Community Network

Encourages, supports and empowers the families of neurodiverse children and young people with or without a diagnosis, who may also have specific learning difficulties or associated mental health needs.

Telephone: 01925 320863

Website: www.advancedsolutions.co.uk

National Autistic Society (NAS)

Provide advice and guidance to support mental health.

Website: www.autism.org.uk

Autism understood

Created by autistic individuals with advice and support to improve health and wellbeing.

Website: www.autismunderstood.co.uk



Mental Health Support

Child and Adolescent Mental Health Service Crisis Response Team

24 hour crisis response team for young people up to the age of 18 experiencing a crisis needing an emergency response.

Telephone: 01744 415640

Warrington Crisis Line

Urgent support 24/4 for people of all ages experiencing a mental health crisis.

Telephone: 0800 051 1508

Child and Adolescent Mental Health Service (CAMHS)

Child and Adolescent Mental Health Services - also known as CAMHS - support children and young people up to age 18 with their emotional and mental health and wellbeing.

Telephone: 01925 575904

General Practitioner (GP)

Your GP can also talk to you about your mental health and help introduce you to the right mental health service for your needs.

Kooth

Digital online mental health and wellbeing support, available to all.

Website: www.kooth.com

YoungMinds

Advice and information to empower parents and young people and provide tools to support their mental health. Parents helpline, webchat and email service.

Website: www.youngminds.org.uk



Happy Ok Sad

Links to information, services and resources to support mental health wellbeing.

Website: www.warrington.gov.uk/happy-ok-sad

Samaritans

Call 116123 to talk to someone 24/7 whatever your age.

Website: www.samaritans.org

Talking matters Warrington

Talking Therapies for people experiencing mental health difficulties. Self-refer on-line from 16 years old.

Telephone: 01925 401720

Website: www.mhm.org.uk

PAPYRUS

Prevention of young suicide.

Telephone: 0800 068 4141 or text 07786 209697

Website: www.papyrus-uk.org

Saint Joseph's family Centre

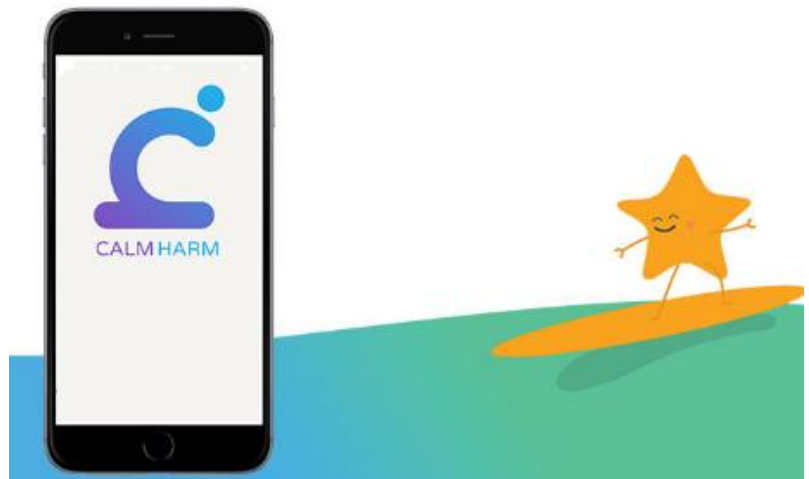
Works in partnership with CAMHS to provide person centred counselling for children and young people aged 6-18 to support them to understand their feelings, develop positive self-management tools and encourage better mental health and wellbeing.

Website: www.saintjosephsfamilycentre.co.uk

Calm Harm App

Calm Harm provides tasks to help you resist or manage the urge to self-harm.

Download via Apple and Google Play app stores.



Wellbeing Support

Childline

Offer a free 1:1 online counselling service.

Telephone: 0800 1111

Website: www.childline.org.uk

Youth in Mind

Free and discrete drop-in service for young people aged 7-19 (up to 25 with additional needs) who are experiencing problems relating to their emotional wellbeing.

Telephone: 01925 977277

Website: www.warringtonyouthzone.org/youth-in-mind

Kooth

Digital online mental health and wellbeing support, available to all.

Website: www.kooth.com

REACH 85258

Text SHOUT to 85258 for free, 24 hour confidential text support service for anyone in the UK who is struggling to cope.

Website: www.giveusashout.org

School Health Team

Each primary and secondary school has a named school nurse who will promote health and emotional wellbeing in school.

Website: www.bridgewater.nhs.uk

Education and SEND

Special Education Needs and Disability Information Advice & Service Support

Help parents/carers and young people who have or may have special educational needs and disabilities between the ages of 0-25 with or without EHCP.

Telephone: 01925 442978

Email: infosendiass@warrington.gov.uk