

OUR WELLBEING NEWSLETTER | OCTOBER 2026

MENTAL HEALTH AND WELLBEING LEAD: MRS J CHILTON JCHILTON@BOTELER.ORG.UK

MENTAL HEALTH AND WELLBEING MANAGER: MISS V GIEBKA VGIEBKA@BOTELER.ORG.UK



WORLD MENTAL HEALTH DAY 2026



On 10 October 2026, we recognised World Mental Health Day, a day dedicated to raising awareness of mental health and reminding us that looking after our wellbeing is just as important as looking after our physical health. This year's theme is "Lived experiences heard: real voices, real change," highlighting the importance of listening to people's experiences of mental health and ensuring their voices help shape the support they receive.

At school, we are committed to creating a supportive environment where every young person feels heard, valued and able to talk about how they are feeling. We will continue to encourage positive conversations around mental health, promote help seeking and ensure our pupils know where they can access support when they need it. We also encourage families to talk openly about mental health at home and to remind young people that it is okay not to be okay and asking for help is a sign of strength.

On Monday, form time will focus on mental health and wellbeing, giving pupils information about how they can access support and what is available to them at each level of mental

health need. This will help ensure all pupils know who they can talk to, where they can go for support and that help is available whenever they need it.

[World Mental Health Day | Mental Health Foundation](#)

How to talk about your mental health



Talking can help your mental health. Here are 5 helpful questions to ask yourself before you open up.

1. WHO CAN I TALK TO?

Who do you trust and feel the most comfortable with? This might be a family member, friend or colleague. Or you may want to talk to someone you don't know, for example, through a support line.

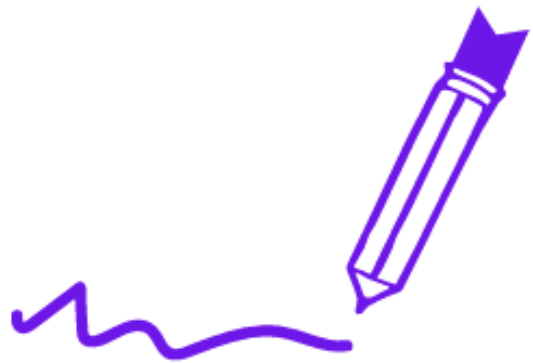


2. WHEN AND WHERE SHOULD WE TALK?

Make sure you're not rushing, and that you're in a place where you won't be interrupted. It might feel more comfortable sharing while doing an activity, like walking.

3. HOW DO I BEGIN?

Starting the conversation can be daunting. You could try practising your opening sentence if you're nervous. You could also try writing down your thoughts and feelings before you talk.



4. HOW MUCH DO I WANT TO SHARE?

You're in control of your story, so think about the level of detail you feel comfortable sharing. You can keep it brief or go deeper — whatever feels right for you.

5. WHAT IF THEY REACT POORLY?

They may react as you hope, but they may not, and this can be hard. Try to give them time to process, and more information if they need it. And don't forget to be kind to yourself and practise self-care.



Our top tips to listen better

How to support someone's mental health through listening well.



1. FIND A GOOD TIME AND SPACE

If you're worried about someone, choose a time to talk when you won't be rushed, and a space where you won't be interrupted or distracted.



2. LISTEN TO UNDERSTAND

Focus on listening to understand, not to respond. This can make a big difference to making someone feel heard.

WHEN GLOBAL EVENTS AND RELENTLESS BAD NEWS BECOME TOO MUCH

Constantly hearing about negative news from around the world can feel like a lot to take in and that's because it is. Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health.

In the digital age, managing how much information we take on board might feel impossible. But you can take control and limit the impact of global overwhelm on your wellbeing.

Tips to manage overwhelm during global events and relentless bad news



Constantly hearing about negative news from around the world can feel like a lot to take in – **and that's because it is.**

Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health. Here are some tips to help you cope with global news overwhelm and find your way back to balance.



Set boundaries with the news

Ask yourself how much news content you're happy to take in, and how often.



Use grounding exercises

Grounding yourself in the here and now can ease your stress response.

Have phone-free times

If you often find yourself doomscrolling, having set phone-free times or zones could help break this habit.



Talk with others

When you feel overwhelmed, it can help to connect with other people. You could spend some quality time with loved ones, family or friends.



Give yourself permission to rest

Taking time to look after yourself doesn't mean you've stopped caring about anything else; it means that you are looking after yourself so that you can keep on caring.



Focus on what you can control

Small actions still matter. Taking positive action can help shift feelings out of helplessness and into purposefulness.



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

Registered Charity No. England and Wales 801108, Scotland SC 038114 408087.
Registered office: Studio 2, 107 Long Lane, London SE1 4PD. Registered with the Fundraising Regulator.

THE IMPACT OF OVERWHELM

Feeling overwhelmed isn't just an emotional response to continual stress, it can also be a physical and mental process. Being exposed to a threat triggers the stress response (fight, flight, freeze mode), which can be useful in situations that require us to take action to ensure our safety.

However, when the stress response is triggered long term, it can have serious impacts on our health. For example, after relentless bad news, you might notice the following changes in yourself:

- **physical impacts:**
 - aches and pains
 - tiredness
 - digestive problems
 - sleep issues
 - nail biting
- **mental impacts:**
 - trouble concentrating
 - difficulty making decisions
 - low motivation
 - memory problems
 - constant worrying
- **emotional impacts:**
 - irritability
 - anger
 - sadness
 - numbness
 - despair
 - feeling "stuck"



Chronic stress builds up slowly, which is why you may not see these signs straight away. You may even feel like you should push through them, but recognising what is happening is important, you are having human reactions to an increasingly unstable world.

Practical ways to manage DOOMSCROLLING



It's normal to feel down from time to time when we come across bad news, but constant exposure to negative online content could negatively affect our mental health.

'Doomscrolling' is a relatively new term used to describe the impact of consuming large amounts of upsetting news online.

If you're looking for ways to spend less time doomscrolling, here are some suggestions that might help.

Turn off 'push' notifications

Turning off instant alerts for social media or news apps can give you a break from anxiety-provoking information.



Set a time limit

Setting a time limit on your scrolling can help, as long as you stick to it. Find something that gives you a gentle signal that it's time to put the phone down.



Consider phone-free zones

You're allowed to have quality time that isn't interrupted by notifications every few minutes.



Use a watch or an alarm clock

If you often doomscroll in bed, it may be because your phone doubles as your alarm clock. Switching to using a watch or a physical alarm clock may help.



Manage your social media feeds

You could make changes to what appears on your feed by blocking or hiding certain profiles, allowing you to limit the negative content you are exposed to.



Balance the negative with a positive

Mindfulness, reading, spending time with others, and exercising are all great self-care activities that can benefit your wellbeing.



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For more tips and information, visit mentalhealth.org.uk

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Girls roar

A GROUP PROJECT FOR GIRLS AGED 11-16
THE HUB (ORFORD YOUTH BASE)
THURSDAY 6:30-8:30PM
DELIVERED BY WBC YOUTH WORKERS

WHAT TO EXPECT:

DISCUSSIONS AND ACTIVITIES FOCUSING ON WOMEN
EMPOWERMENT, STAYING SAFE ONLINE AND WHEN OUT IN THE
LOCAL COMMUNITY
ARTS AND CRAFTS
COOKING/BAKING
EXCITING ACTIVITIES

INTERESTED? JUST COME ALONG TO ONE OF OUR SESSIONS
OR CONTACT LEAD WORKER MARTA ON 07920270014

IF YOU NEED HELP... THE FOLLOWING ORGANISATIONS OFFER MENTAL HEALTH SUPPORT:

-  **SAMARITANS:** Tel 116 123. Operates a 24-hour service available every day of the year.
 -  **CALM:** (Campaign Against Living Miserably): Tel 0800 58 58 58. CALM is a leading movement against suicide. It runs a UK helpline and webchat from 5pm to midnight 365 days a year.
 -  **PANDAS:** Tel 0808 1961 776. Free helpline and support service for people (or family members) who may be suffering with perinatal mental illness, including prenatal and postnatal depression.
 -  **CHILDLINE:** Tel 0800 1111. Helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.
 -  **PAPYRUS:** 0800 068 41 41. Support for teenagers and young adults who are feeling suicidal.
 -  **MIND:** Tel 0300 123 3393. Provides advice and support to empower anyone experiencing a mental health problem.
 -  **RELATE:** Tel 0300 0030396. Relate are the UK's largest provider of relationship support.
 -  **GAMCARE:** Tel 0808 8020133. Support for anyone affected by gambling problems across Great Britain.
 -  **BULLYINGUK:** A website for both children and adults affected by bullying.
 -  **SHOUT:** Text 85258. A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
 -  **CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):** Support children and young people up to age 18 with their emotional and mental health and wellbeing.
Telephone: 01925 575904
 -  **KOOTH:** Digital online mental health and wellbeing support, available to all. www.kooth.com
- For someone struggling emotionally but not in immediate danger:**
-  **SAMARITANS** – 24/7 emotional support (call 0116 123 in the UK)

EMERGENCY CONTACTS:

NHS 111 (option for mental health in many areas)

LOCAL CRISIS TEAMS VIA THE NHS OR GP OR COMMUNITY MENTAL HEALTH SERVICES

Immediate risk / safety concern → 999 (police + ambulance)

Concern but not immediate → 101 / social care / NHS services

Emotional distress → Samaritans or NHS mental health support

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.addvancedsolutions.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

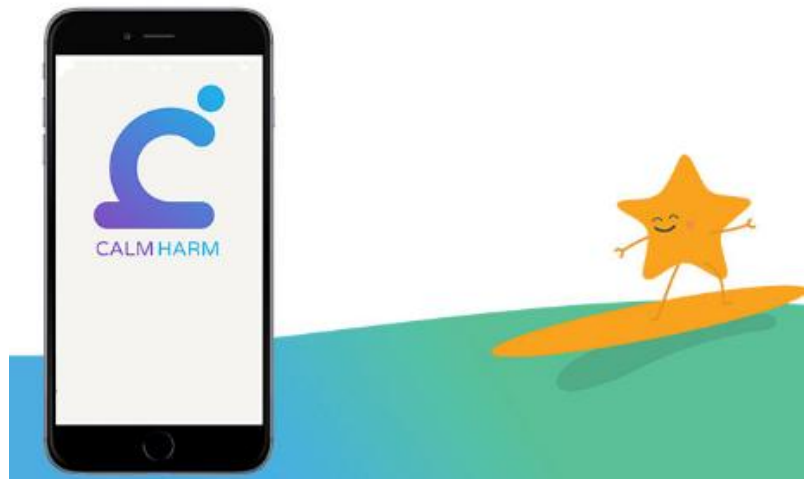
Works in partnership with CAMHS to provide person centred counselling for children and young people aged 6-18 to support them to understand their feelings, develop positive self-management tools and encourage better mental health and wellbeing.

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

YOUR VOICE MATTERS

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



BY THE
PASTORAL
OFFICE
UPSTAIRS -
END OF
ENGLISH
CORRIDOR

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



**SIR THOMAS
BOTELER**
CHURCH OF ENGLAND HIGH SCHOOL
THROUGH GOD, WE CARE



Wellbeing COUNCIL

TUESDAY LUNCHTIMES
ROOM 4A

ALL ARE WELCOME



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
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