

# Happiness at HEART

## The Hub

Trinity High School is committed to promoting positive mental health and emotional well-being support. It is important that our students understand how to look after both their physical and mental health and develop a toolkit of coping strategies for when difficulties arise. **Happiness at HEART** is Trinity's student mental health service delivered by The Heart Centre.

**Happiness at HEART** has been developed to support students, parents and staff in understanding mental health issues and removing the stigma around talking about mental health, so that students don't feel isolated, ashamed or misunderstood and know where to go for help. Over 50% of mental illnesses start before the age of 14 and 1 in 10 children and young people has a mental health disorder.

Schools are on the frontline when it comes to supporting children and young people's mental wellbeing. Our staff are ideally placed to recognise and respond to early signs of mental health difficulties in children and young people.

We have a variety of services available to support students who are experiencing mental health problems. We work closely with a range of other services and can help direct you to the support you need. It is normal to feel down, anxious or stressed from time to time but if these feelings affect your daily activities, inside or outside of school, then you need to seek help.

Telling someone how you feel whether it is one of our mental health first aiders or a friend, may bring an immediate sense of relief. What should I look out for?

### **Signs of depression and anxiety include:**

- feeling low
- feeling more anxious or agitated than usual
- losing interest in life
- losing motivation
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### **Some people also:**

- put on or lose weight
- stop caring about the way they look or about keeping clean
- do too much work
- have sleep problems
- become withdrawn

### **What can you do to help?**

There are a range of different things we do to help different people, depending on what is causing their mental health to suffer and what they need to help fix that.

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Examples of things we can, and do, offer are:

- 1:1 Mental Health First Aid (Routine Appointments or Same Day Appointments for urgent issues).
- Group Sessions focused on helping with stress and general well-being.
- Referrals to professionally qualified counsellors and the school nurse.
- Parent Support Groups and Parent Advice Sessions
- Mindfulness Sessions

To refer to Happiness at Heart you can either click the link on the school website [Refer to Happiness at HEART - Trinity High School & Sixth Form Centre](#) or scan this QR code:

