



MENTAL HEALTH

NSB TERMLY NEWSLETTER

SUPPORT OVER CHRISTMAS




The NHS helpline number will now provide support for anyone experiencing mental health crisis. This support will be provided by trained mental health professionals on the 111 call.

[NHS England » NHS 111 offering crisis mental health support for the first time](#)

Action for Happiness have created a December 'Do Good Calendar'. Even though it is coming towards the end of December maybe you can chose a few over the festive period?

December Kindness 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				

ACTION FOR HAPPINESS Happier · Kinder · Together



10 days of happiness: We all want to look after our mental wellbeing, but this can be hard to do - especially in challenging times. This programme helps you learn simple daily actions which are proven to give you a boost and help you feel happier.



CHARITY WEEK AND MENTAL HEALTH

This year all of NSB have been taking part in charity week and raising funds for charities such as Young Minds, The National Autistic Society, The Lowdown and The Lighthouse Centre

Active citizenship, giving and community spirit can have such a positive impact on someone's wellbeing. Witnessing all the activities and camaraderie this week at NSB has been fantastic!



For further information and photos relating to Charity Week see the NSB's Personal Development [Instagram nsb_personal_development](#)- click to follow the link

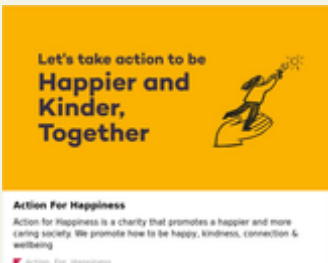
Here you will also find weekly #wakeupwednesday Top Tips for parents and educators from The National College on all sorts of topics including; online safety, mental health, apps such as Snapchat, teaching cycle safety and much more.

Young Minds: Looking after your mental health at christmas



Click the images for more information

Action Mental Health: Sources of support this Christmas. This festive season, if you're struggling with your mental health, it's important to remember that there's always someone to talk to..



Action for Happiness: Ten keys to happier living. Everyone's path to happiness is different. Based on the latest research, Action for Happiness has identified 10 Keys that tend to make life happier and more fulfilling.

Together they spell GREAT DREAM.



Mental health awareness is growing and evolving every day, making positive steps towards a better understanding of children's mental health and helping young people to thrive.

Nip in the Bud website: <https://nipinthebud.org>

Check out the above website - learning about children's mental health through film.

For parents, carers, teachers and professionals.

IF YOU HAVE A MENTAL HEALTH CONCERN ABOUT YOUR CHILD, PLEASE REPORT A CONCERN ON AIM