

Wellbeing Wednesday

ISSUE 2: Mental Health

Next Monday is World Mental Health day. This day is a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

This year's theme is

'Make mental health and wellbeing for all a global priority'

Next week in your Academies you will have the opportunity to take part in a **Connect** activity.



"Coffee, Cake and Connect"



Additional Resource:

<https://www.mentalhealth.org.uk/explore-mental-health/podcasts>

Become a Well-Being Champion at BIT

If you haven't already expressed an interest in becoming a well-being champion for your Academy and you would like to please email Victoria Gavin gavinv@boltonimpacttrust.org.uk