



Barnardo's St Helens Resilience Service

Offering emotional wellbeing and resilience support to all secondary aged children and young people

Support for you, when you need it



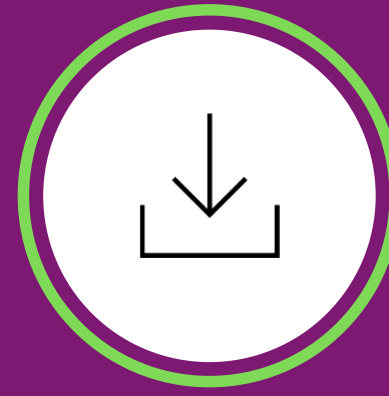
Group workshops



1 to 1 sessions



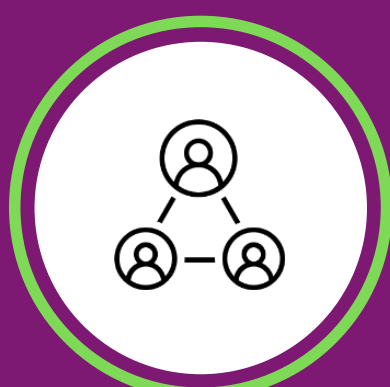
Phone/video support



School drop in sessions



Staff training



Parent/carer drop in sessions



Staff support



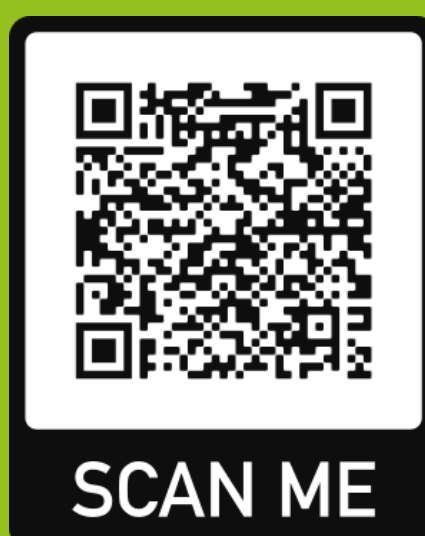
GP networks' support

Contact us on:

☎ 07783 763382

✉ sthresilience@barnardos.org.uk

Alternatively speak to a member of staff at school



Believe in children
 **Barnardo's**

Incredible things happen when you believe in children

Barnardo's Registered Charity Nos.216250 and SC037605

In partnership with

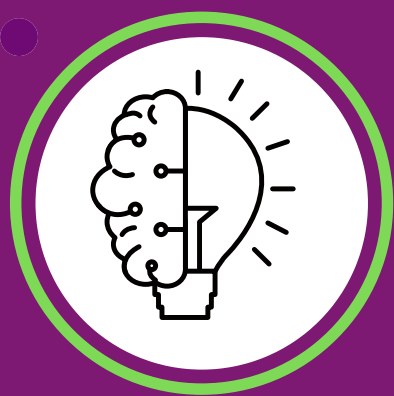


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Barnardo's is proud to be part of *St Helens Thoughtscape - First Stop* **For Your Mental Health.**

Group work- we offer emotional health and wellbeing groups, themes can include:



Anxiety



Decider Skills



Resilience & Wellbeing



Healthy Connections



Bereavement

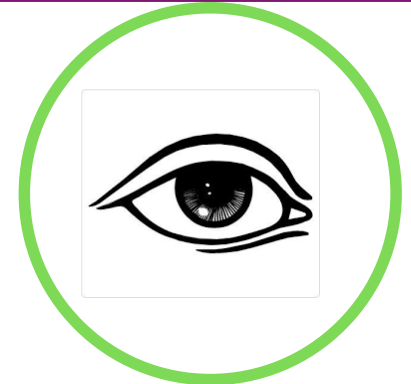


Wellness Resilience Action Plan

5 Steps to Wellbeing



Keep Learning New skills can give you a sense of achievement and a new confidence. What do you like? Maybe start learning to play a musical instrument or figure out how to fix your bike.



Take notice Be more aware of the present moment including your feelings and thoughts, your body responses and the world around you. Some people call this 'mindfulness' and it can positively change the way you feel about life and how you approach challenges.



Be active You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it part of your life.



Give to others Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering can improve your mental wellbeing and help you build new social networks.



Connect With the people around you: your family and friends. Spend time developing these relationships.