



**Chorlton  
Park  
Primary  
School**



## Mental Health and Wellbeing Newsletter

### Winter Blues FIRST-AID KIT



Important Dates:  
Children's Mental Health Week - 5-11 February  
2024. This year's theme is 'My Voice Matters'.

Time to Talk Day - 1 February 2024.

#### More Information About Mental Health

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.place2be.org.uk](http://www.place2be.org.uk)

[www.schoolofkindness.org](http://www.schoolofkindness.org)

### Gift of Time

The festive season can become expensive but sometimes the best gift is time together and it doesn't cost much at all.

Why not create some homemade vouchers for:



- Movie night together with a bag of popcorn
- Pamper night with a neck and shoulder massage
- Manicure sessions with a nail file and nail varnish
- Organise a football match with a group friends
- Create a playlist with their favourite songs and listen together

### Support with Mental Health during the Winter months

We know that it can be challenging with the shorter days and colder weather and expectations of the season. If you need help, Greater Manchester are here to support.

#### Living Life to the Full

Online courses to help improve low mood, overcome stress, sleep better and build confidence. Materials have been designed to improve feelings and beat stress. Instant access to self-help support is available online and totally free of charge if you live in Greater Manchester. The resources are available in 18 languages. [www.gmlifeskills.com](http://www.gmlifeskills.com)

#### Free digital mental wellbeing support

Join the community and access free, safe and anonymous professional support online. There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7. We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed there's support out there for you. Click on this link [tinyurl.com/mrxa28r2](https://tinyurl.com/mrxa28r2)

To appreciate the beauty of a snowflake, it is necessary to stand out in the cold

