



Stay Well CYP - Wellbeing Lessons for Students

To keep your students 'mentally fit' during the COVID-19 outbreak, Stay Well CYP is working with Stoke on Trent City Council to provide a series of **free** on-line 'wellbeing lessons' - helping students to cope with the pressures of the lockdown and disruption to their normal routine.

Provided in age-appropriate formats, (for those groups of students aged between 8 and 18 years) Stay Well CYP lessons are fun, informative and interactive - with a choice of 5 topics: **Managing Worry; Anger Management; Understanding Sadness; Helpful vs Unhelpful Thinking; and Positive Self-image.**

Stay Well CYP - Professional Training

Stay Well is also offering support for professionals working with children and young people in Stoke on Trent through the delivery of **free** online training. Online training includes: **Understanding and Supporting Self-harm, Suicide Awareness, Sleep Hygiene, Cyber Bullying, and Working with Loss and Bereavement.**

For a full list of our training please visit our website below for further information.



If you would like to include Stay Well CYP's 'wellbeing lessons' within your new 'digital curriculum' or to discover other ways in which our services can provide mental health support to your students or teachers - please contact us on **01782 418518** or staywell.here4u@changes.org.uk and a member of our team will be in touch to discuss your needs. For more information on Stay Well CYP please visit staywellcyphere4u

Yours sincerely,

James Vernon

Stay Well CYP Service Manager