

Social Media Guide

Back to school can be a difficult time; new routines may trigger anxious thoughts amongst young people.

You can help raise awareness for mental health and wellbeing during #Back2SchoolDorset by sharing our social tiles. Signpost to FREE support and resources.

Reassure young people that support is available if needed.

Tag us on social media!

 [@DorsetMindYourHead](https://www.instagram.com/DorsetMindYourHead)

 [@DorsetMindYourHead](https://www.facebook.com/DorsetMindYourHead)

 [@DMindYourHead](https://twitter.com/DMindYourHead)

Social Media Posts

The following posts are available to download [HERE](#)

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DMYH Dorset Mind Your Head

Young People 24/7 Dorset Support

mind Dorset

Childline is open to young people 18 and under. Open: 24 hours a day, 7 days a week. Call: 0800 1111 or use webchat.

Connection is a 24/7 phone helpline for people of all ages in Dorset who are experiencing mental health issues and need support. Call 0800 652 0190.

Samaritans offer emotional support and a listening ear 24 hours a day, 365 days a year. Call them on 116 123.

#Back2SchoolDorset dorsetmindyourhead.co.uk

We understand going back to school may be a challenging time for some. Dorset Mind Your Head, provides free and confidential mental health and wellbeing support to help young people live life mentally healthy. Find support: <https://bit.ly/DMYHservices> #Back2SchoolDorset @dorsetmindyourhead

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DMYH Dorset Mind Your Head

Wellbeing Checklist


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- ☐ Focus on the positives - what are you looking forward to?
- ☐ Role play situations which make you feel anxious
- ☐ Try grounding techniques on the NHS website to manage intense feelings/emotions
- ☐ Seek help if anxiety lasts for more than 4 weeks

#Back2SchoolDorset dorsetmindyourhead.co.uk

Feeling anxious about returning to education? You're not the only one. If you or someone you know needs additional support with their mental health or wellbeing, Dorset Mind Your Head can help. Visit: <https://bit.ly/DMYHservices> #Back2SchoolDorset @dorsetmindyourhead

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DMYH Dorset Mind Your Head

Safety Plan

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1. Recognising early warning signs of emotional distress
2. Understanding what helps you cope
3. Practicing self-compassion
4. Knowing who you can turn to
5. Communicating how you're feeling
6. Trying self-soothing exercises such as mindful breathing

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Dorset Mind Your Head's safety plan may help reduce distressing feelings. Coping strategies can provide an aid for self-management of overwhelming emotions/feelings. Access it for free here: <https://bit.ly/DMYHSafetyPlan> #Back2SchoolDorset @dorsetmindyourhead