



# RISE MHST

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

## Friendship

Friendship means to have trust and support with other people. As we approach the summer holidays and move on to a new school year group you may want to let your friends know how much they mean to you and that you support them.

### Activities to try:

1. **Tell one of your friends why you trust them and why you like being friends.**
2. **Schedule time in your week to check in on your important friends. This is a very good way to keep connected and make sure you and your friends stay connected when life gets busy.**
3. **If you want to make friends take a look at this link - <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/>**

Key Dates this month:  
Pride Month  
Tourette's Awareness  
Month

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: [cwp-tr.thankskids@nhs.net](mailto:cwp-tr.thankskids@nhs.net) and we'll do the rest!!

**MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.**