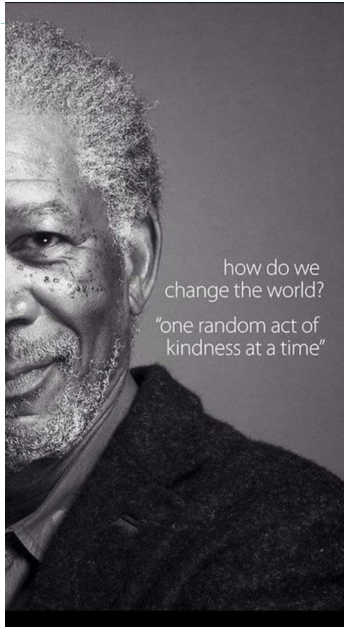




DISCOVERY  
Multi Academy Trust

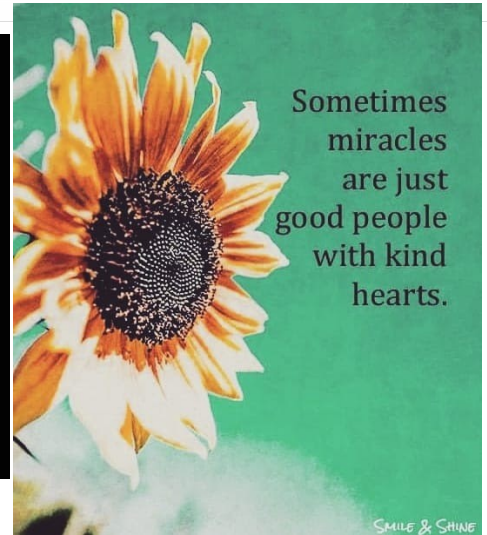
Monthly Wellbeing  
Dec 2020



# KINDNESS

/ˈkʌɪn(d)nəs/ **noun**

1. Lending someone your strength instead of reminding them of their weakness.



If there is anything you would like to add or see as part of our monthly wellbeing newsletters. Please let Lindsay Cooper-Smith know by emailing [L.cooper-smith@discoverymat.co.uk](mailto:L.cooper-smith@discoverymat.co.uk)



**Family Lives: 0808 800 2222**

Provides advice and support to parents

**Mind Infoline: 0300 123 3393**

To discuss types of mental health problems, where to get help, medication and alternative treatments and advocacy. Lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

**SANeline: 0300 304 7000**

Support for mental health problems 4.30pm-10.30pm daily.

“ Kindness is choosing love over hate, light over darkness, compassion over judgment. ”

– RAKtivist

# 10 WAYS FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH

## TIPS AND ADVICE



Regularly check in with each other by asking simple questions (E.g how are you feeling today?)

1



Don't be afraid to talk openly about your mental health

2



Support and listen genuinely to each other. Care for each others feelings and emotions

3



Be a positive role model. Practice self care among your family members

4



Schedule in some family time to relax and take care of your mental health

5



Stay in touch with each other. A text or email can go a long way

6



Show your family member that you are there for them

7



Take time to understand what it is your family member is going through

8



Be patient. Don't criticise and be aware of how you talk to your family member. Encourage and support.

9



Tell them that you are proud of them for talking about their mental health

10

