



Compass



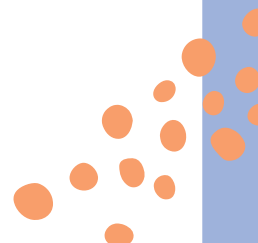
WELCOME PACK



Changing Lives



Compass



**For
Young People**

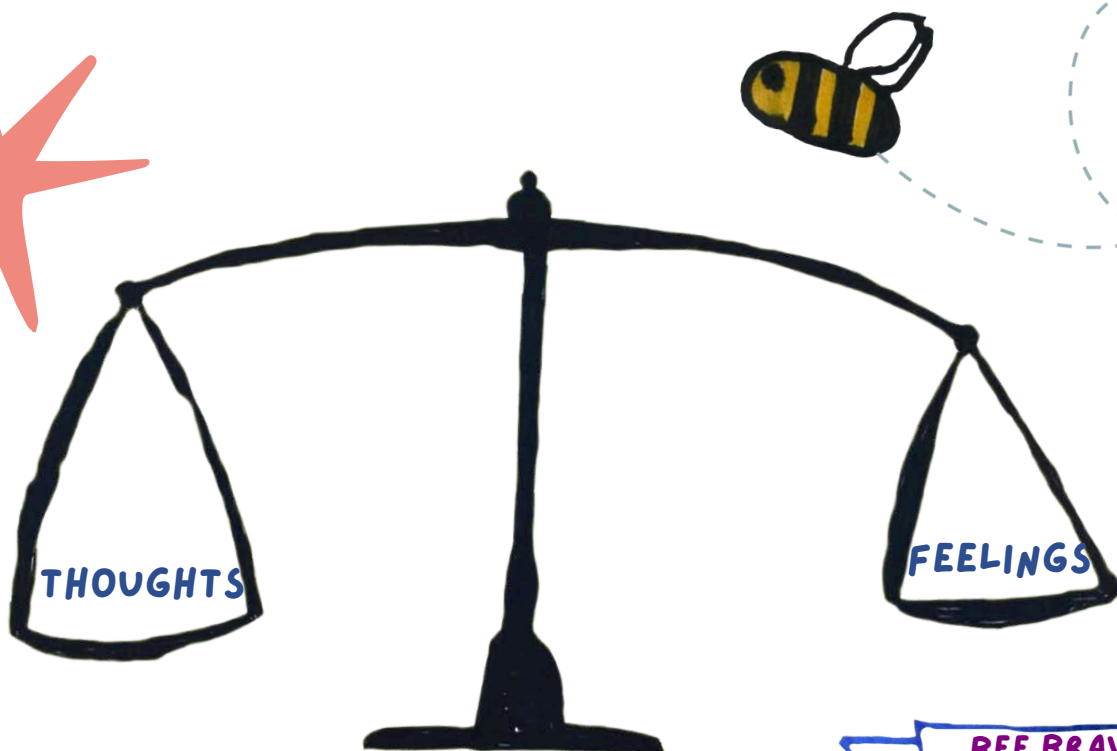
WELL DONE



Toughness isn't
being strong,
It's getting
help when you
need it.

**You have made the first big step to
helping yourself.**

**You should be very proud of
yourself as you have put your
wellbeing first and have asked for
help.**





WHAT IS MENTAL HEALTH?

Mental health is your emotional state and how you feel or struggle with things.

We all have mental health! It can be good or bad and sometimes it is not visible.

Some signs of low mental health are:

WORRIES

CHANGING
APPETITE

ANGER

UPSET/
TEARFUL

CHANGING
SLEEPING
HABITS

LACK OF
MOTIVATION

FEELING
ISOLATED

FEELING
SICK





WHAT HAPPENS NEXT?



This welcome pack explains what happens now you have been referred to Compass Changing Lives.

With your agreement, a practitioner will arrange to see you to gather some more information about the difficulties you are experiencing. They will work with you to identify some goals and make a plan for achieving them.

There are a few occasions when we feel that our service is not the right support for you, but that is ok, we will help you and your parent/carer or school to find the best support for you.

If we are the right service for you, the practitioner will meet regularly with you or your parent/carer to help achieve your goals. They will suggest some activities and ideas you can try out within the session and at home.

Before saying goodbye, your practitioner will help you plan for the future to prepare you for any difficulties .



We offer short term support (6-8 sessions) to children, young people and also to parents/carers. Our support is provided by one of our mental health practitioners and usually takes place within school.



The main type of support we offer is based on CBT which stands for Cognitive Behavioural therapy. This helps you look at how our thoughts and feelings can affect our behaviours.

BEE HAPPY

REASSURANCE

If you are struggling, remember you are not alone and it's ok...

Don't doubt yourself.
You are amazing.

NOT TO BE
OKAY

TO NEED
HELP

TO ASK
FOR HELP

TO TALK
ABOUT
MENTAL
HEALTH

TO BE
YOURSELF

TO FEEL
CONFUSED

TO DO
WHAT'S BEST
FOR YOU

TO FEEL
WORRIED

TO MAKE
MISTAKES

IT'S OK...

IT'S OK TO
NOT BE OK

OTHER HELP

BEE OPEN



Speaking Out is a
Sign of Strength
Not Weakness!

YOUNGmINDS
fighting for young people's mental health

www.youngminds.org.uk



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



kooth

Kooth is a free online service
offering emotional
and mental health support
for children and young people

www.kooth.com



PAPYRUS
PREVENTION OF YOUNG SUICIDE

www.papyrus-uk.org

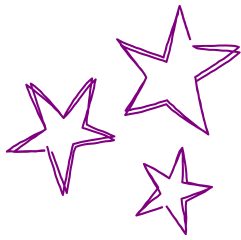


HELPING YOU

TO FIND

YOUR WAY

OTHER HELP



Call us free 24/7 on
116 123 **SAMARITANS**
samaritans.org



Text **SHOUT** to 85258
for 24/7 support.
Anytime. Anywhere.

shout CRISIS TEXT LINE

THE MIX

www.themix.org.uk



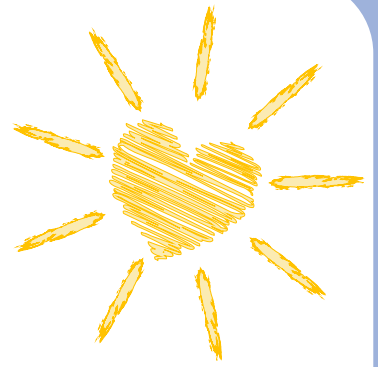
HELPING YOU

TO FIND

YOUR WAY



5 WAYS TO WELLBEING



We can all boost our mood and positive ways of thinking daily, by doing simple activities to help improve our mental health and wellbeing.

These are known as the 5 ways to wellbeing:

**BE
ACTIVE**



**KEEP
LEARNING**



**TAKE
NOTICE**



CONNECT



GIVE



MEET SONNY, they sometimes feel stressed and sad.

Sonny has some fun activities that you can try to make yourself feel better as part of your 5 ways to wellbeing:



2. TAKE NOTICE



Take notice of sounds, smells & sights when outside

4. KEEP LEARNING



You could try baking

1. KEEP ACTIVE

Do some dancing when listening to music...



or walk your dog

3. GIVE

Go out and shop for a friend or neighbour



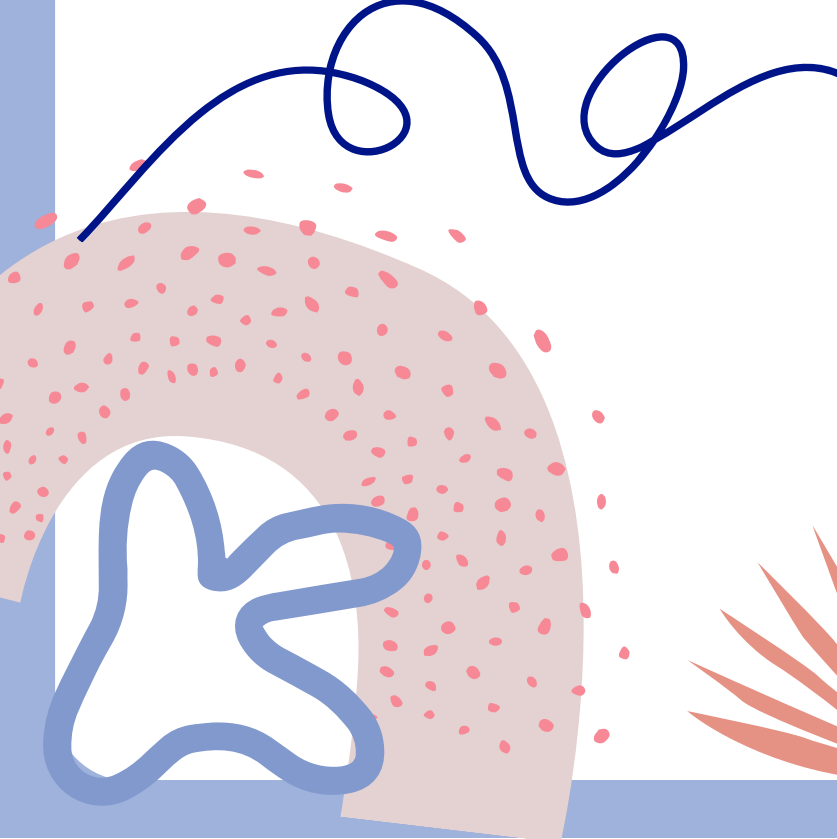
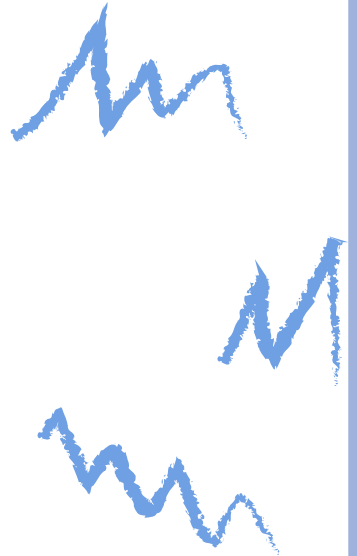
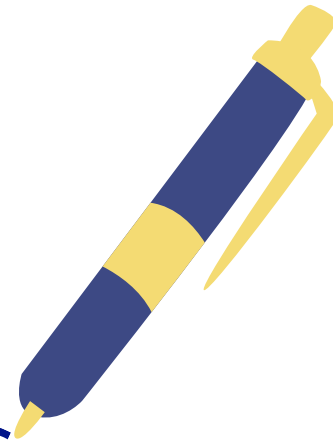
5. CONNECT



Talk to friends or go out in nature



MENTAL HEALTH ACTIVITIES



ALL ABOUT ME...

MY FAVORITE MOVIE
IS...

MY NAME IS...

THIS IS MY PET

THINGS I LOVE

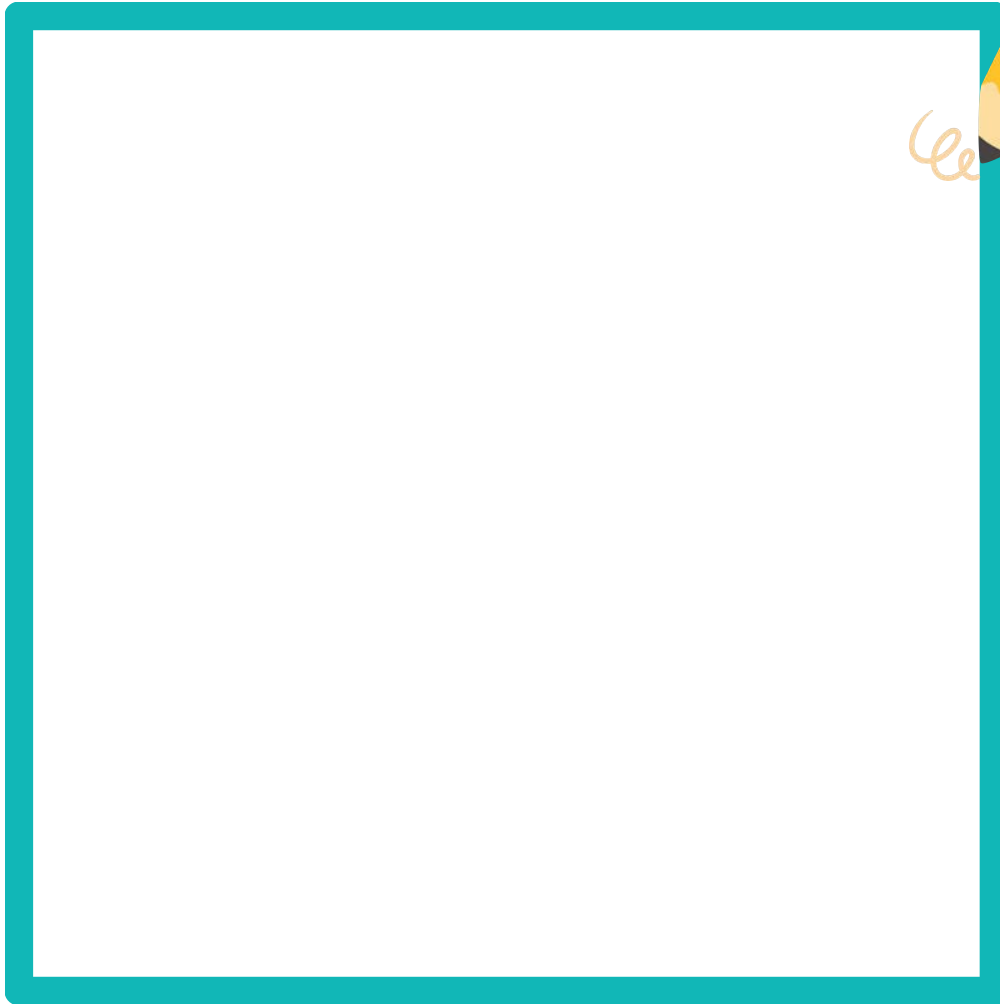
I LIVE WITH...

I AM

YEARS OLD.

You are you,
and that's
what I like
about you.

**Write or draw what is troubling you.
It will help you know how to feel and
it's better to tell someone**



**On a scale of 1 to 10, 1 being chilled/good,
5 being I am a bit nervous and
10 being I AM FREAKING OUT!!!**

Rate your worry!



GROUNDING TECHNIQUES

BEE AWARE



5-4-3-2-1

GROUNDING TECHNIQUE

5

THINGS YOU CAN

See

4

THINGS YOU CAN

touch

3

THINGS YOU CAN

hear

2

THINGS YOU CAN

smell

1

THINGS YOU CAN

taste

HOW ARE YOU
FEELING TODAY?

FORTUNE TELLER

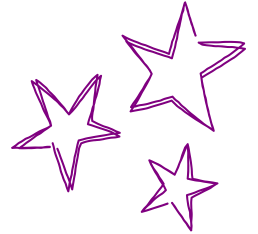
BEE FORTUNATE

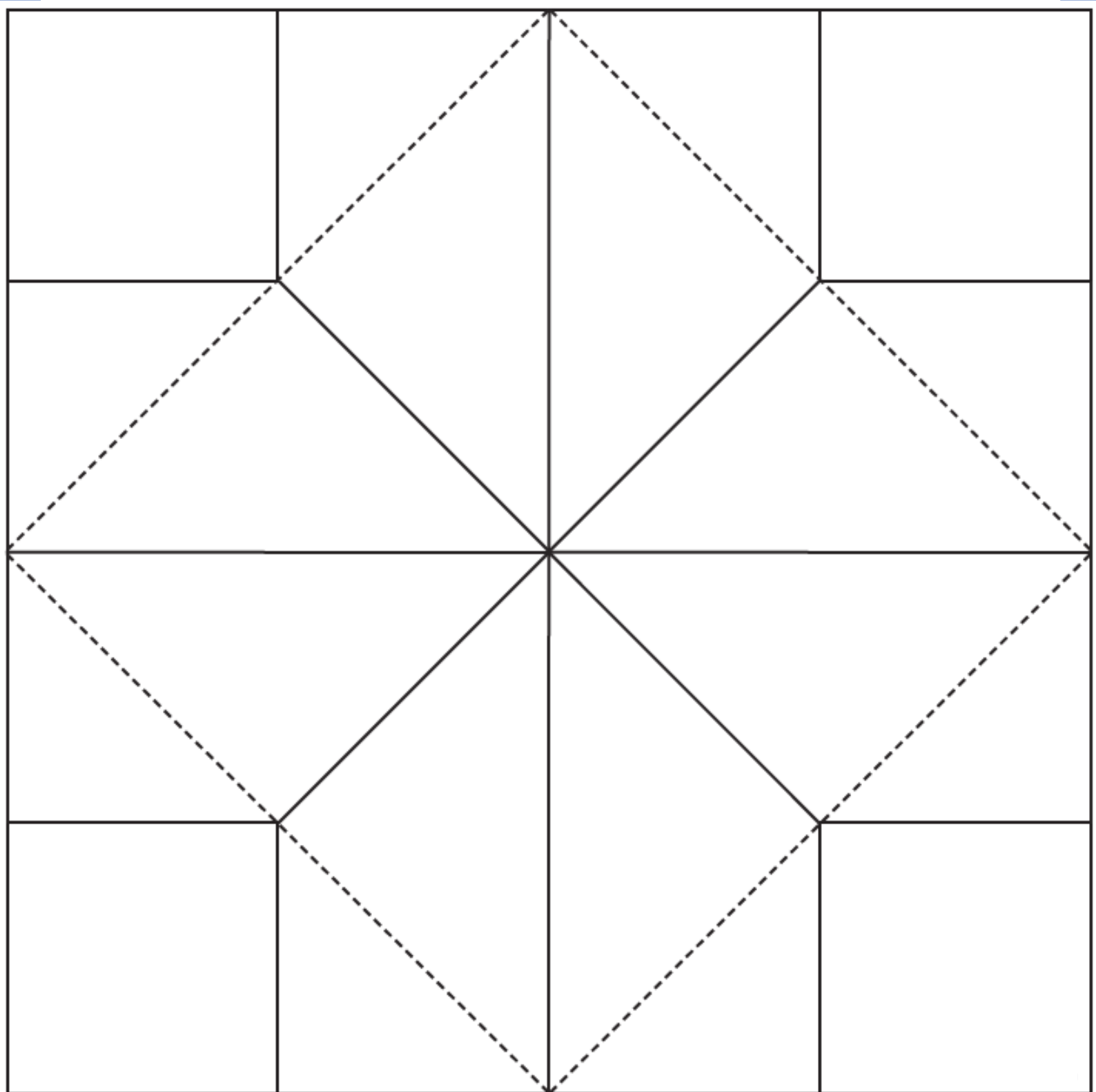
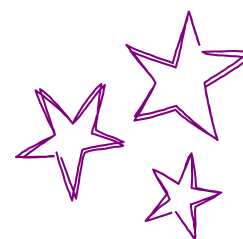
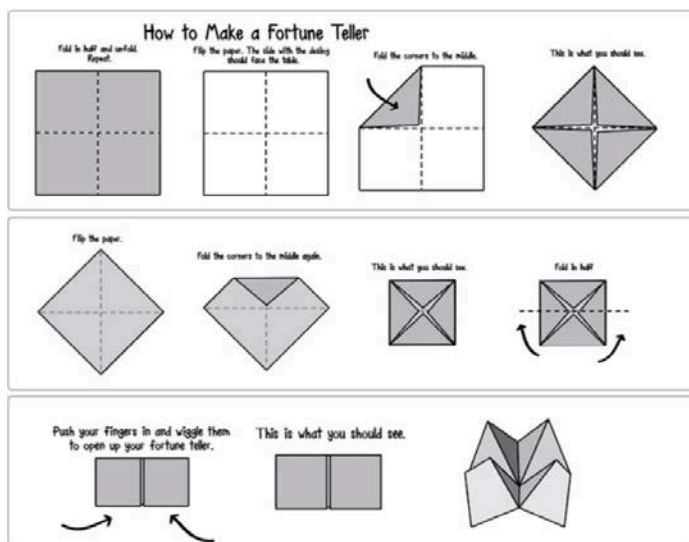


Have a go at making a fortune teller.

Use either the pre-printed one below or make your own using the blank template on the next page.

Folding instructions are also on the next page.





Everyone is
Special.

BEE CALM

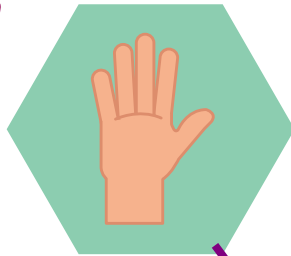


COMFORT BOX

A comfort box is a special box that has lots of different items in it. These can help you feel better in times when you feel worried, sad or angry. Below are some ideas you may want to include in your own comfort box:

TOUCH

Blanket
Fidget toys
Lego



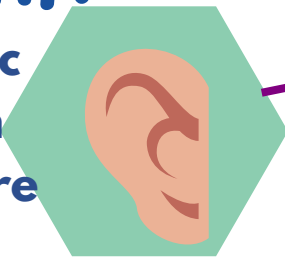
SEE

Bubbles
Photos
Positive quotes



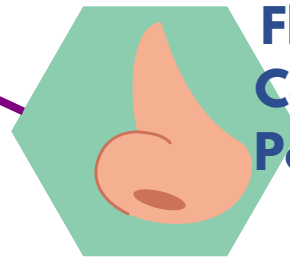
HEAR

Music
Film
Nature



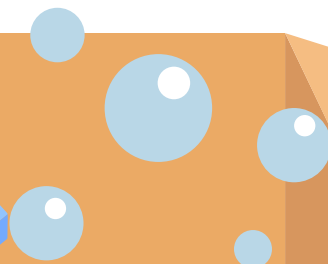
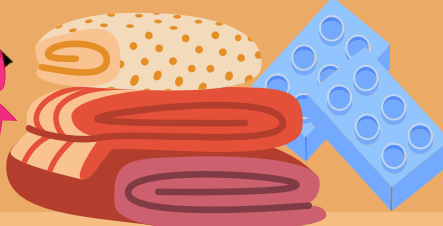
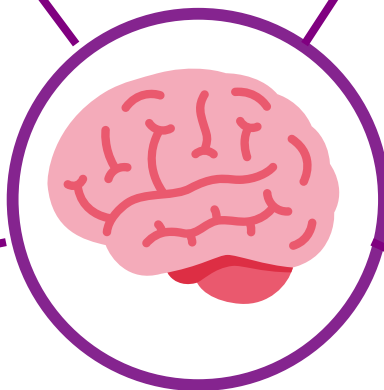
SMELL

Flowers
Cooking
Perfume



TASTE

Cold drink
Crunchy food
Something chewy



I AM
BRAVE





I CAN
DO THIS



GRATITUDE JOURNAL

ONE GOOD THING THAT
HAPPENED TO ME TODAY...

SOMETHING GOOD THAT I
SAW SOMEONE DO...

DAY 1

TODAY I HAD FUN WHEN

SOMETHING I ACCOMPLISHED
TODAY...

SOMETHING FUNNY THAT
HAPPENED TODAY...

DAY 2

SOMEONE I WAS THANKFUL FOR TODAY...

GRATITUDE JOURNAL

DAY 3

SOMETHING I WAS
THANKFUL FOR TODAY...

TODAY I SMILED WHEN...

SOMETHING ABOUT TODAY I'LL ALWAYS
REMEMBER...

DAY 4

ONE GOOD THING THAT HAPPENED
TO ME TODAY...

TODAY WAS SPECIAL
BECAUSE...

TODAY I WAS PROUD OF MYSELF BECAUSE...

GRATITUDE JOURNAL

SOMETHING INTERESTING
THAT HAPPENED TODAY...

SOMEONE I WAS THANKFUL
FOR TODAY...

DAY 5

TODAY I HAD FUN WHEN...

SOMETHING ABOUT TODAY I WILL
ALWAYS WANT TO REMEMBER...

SOMETHING FUNNY THAT
HAPPENED TODAY...

DAY 6

MY FAVOURITE PART OF TODAY...

GRATITUDE JOURNAL

DAY 7

S M T W T F S

SOMETHING I WAS HAPPY
ABOUT TODAY...

SOMETHING GOOD THAT I
SAW SOMEONE DO TODAY...

SOMETHING I DID WELL TODAY...

NEXT WEEK I'M LOOKING
FORWARD TO...

NOTES

MENTAL
HEALTH

ACKNOWLEDGEMENTS

BEE THANKFUL



This welcome pack was co-designed and co-created by 137 children and young people from:

- Da Vinci Academy
- Chesterfield FC Alternative Provision
- Chesterfield FC Academy
- Derby Moor Academy
- Lady Manners School
- Hallam Fields Primary School
- 1st Derwent Valley Guides
- 7th Ilkeston Guides
- The Bemrose School
- Brackenfield SEND School



♥ A child has the right to express their views, feelings and wishes, so here are ours...

you got this

"light is always there if you turn on the light"

Spread your wings and FLY!!!

it's never game over, Just restart from your last check point.

"Don't let your highs get to high, and your lows get to low."

WORDS OF INSPIRATION FROM YOUNG VOICES

Reach for the moon and if you fall you will fall through the stars

you're 1/2 way there so don't give up

Don't doubt yourself. You are amazing.

Everyone is special.

Every Step You take is a Step in the right Direction

It's ok Not to be ok!

You are you, and that's what I like about you.

You accept you.

Sometimes all you need is a duck



BE BRAVE

Think happy



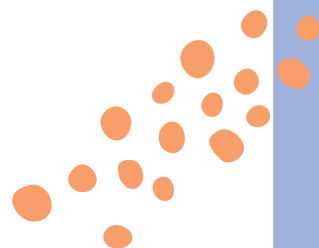
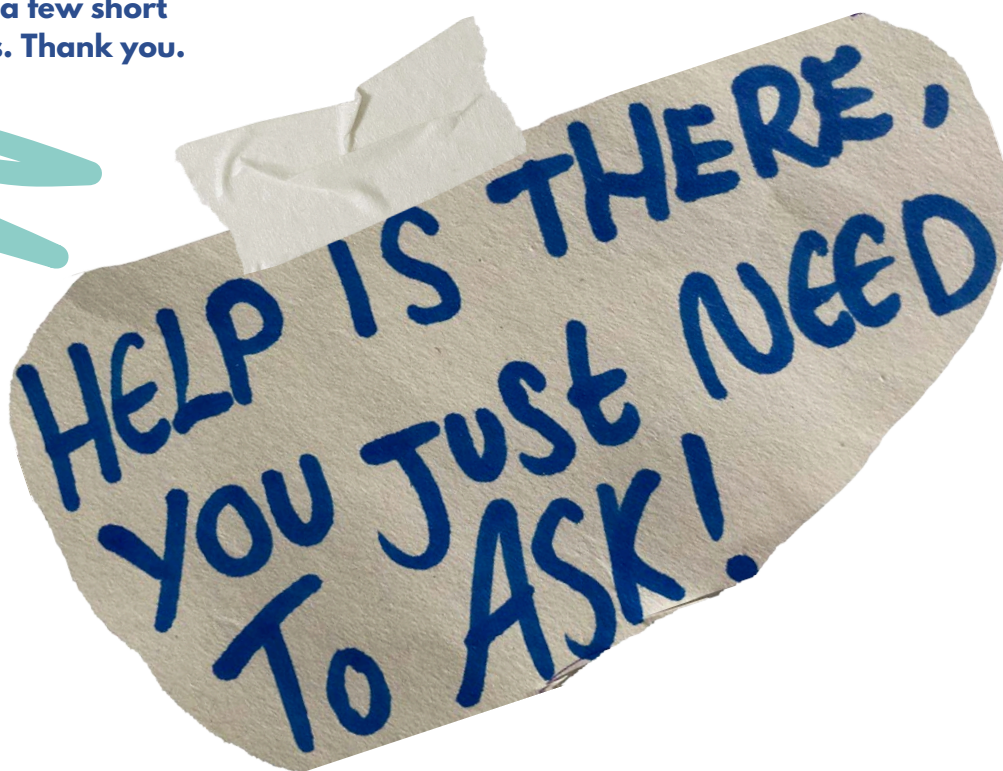
Welcome Pack Feedback Form



Compass



We would love to hear
your feedback on this pack.
Please use the QR Code to
answer a few short
questions. Thank you.



This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. Please get in touch by emailing us at ChangingLives@COMPASS-UK.ORG or speaking to our Administration Team on 01332 315569



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changinglives@compass-uk.org



@compassclmhst

