



Community Wellbeing Toolkit

As part of our commitment to supporting the mental health and wellbeing of our students, we will be exploring the **Community Wellbeing Toolkit** during Citizenship lessons this week. This initiative aims to equip students with practical tools to navigate life's challenges and to foster a supportive school community. While we will not be specifically addressing the recent incident during the Liverpool parade, we aim to provide students with the tools and knowledge to cope effectively with such events. Please see below the content that will be covered.

Difficult Events

Everyone responds differently to difficult or traumatic events. Witnessing conflict or acts of violence is upsetting for most people and can be traumatic for some.

After a very upsetting or traumatic event, it's not uncommon to experience:

- Bad dreams, flashbacks
- Difficult feelings: upset, worry, fear, anger, guilt, shame
- Negative thoughts about self or others including blame
- Acting differently: not wanting to go out or unable to enjoy things
- Relationship changes: feeling detached or guarded against others
- These feelings and symptoms are often temporary but sometimes they persist and can lead to mental health problems like, Anxiety or Depression - and for those that do, there is help available.
- Most people find that the negative effects go away over time and there are ways to self-help and feel better sooner.



How to feel better

Give yourself time...

- Recovering from these thoughts and feelings can take time.
- Don't put yourself under too much pressure to feel better immediately.

Talk about it...

- It doesn't help to avoid talking about difficult experiences.
- Talking to someone you trust about what happened and your feelings about it can help you to feel better – it could help them too if they are going through the same.
- Listening to how someone feels can make a big difference.

Ask for support...

- Friends, family or others you trust will usually want to help and support if they know you're struggling, being with others helps you feel protected and supported and more able to avoid poor mental health.
- People around us can offer emotional support, help with practical tasks or just spending time doing normal things - all help improve our mood.

Stick to your routine...

- Try to keep doing the things you would normally do, even if that feels difficult – you have the right to feel safe in your community and carry on with your usual daily activities.
- Eating well, moving around, getting enough sleep and taking care of our responsibilities are all part of self-care and essential to mental health and wellbeing.

When to seek help



Feeling the same or worse over time?

It might be a sign to get help if you continue to feel very bad for more than a few weeks and don't seem to be getting better.



Feeling down?

If you're feeling sad or anxious most of the time, unable to sleep or think clearly, it's ok to ask for help.



Feelings getting in the way?

If you don't feel interested or able to do or enjoy the things you normally would, you should think about getting help.

Support available

NHS Talking Therapies at Merseycare offer support to anyone who is struggling following recent events.

Get in touch on 0151 228 2300 or via the website: <https://www.merseycare.nhs.uk/our-services/liverpool/talking-therapies>

Anyone needing support following the Water Street Incident can contact [Victim Care Merseyside](#), Call 0808 175 3080 between 8am and 6pm.

Your GP can help with mental health and wellbeing, & connect you with available support.

For 24-Hour listening support call Samaritans on 116 123 www.samaritans.org
For immediate text-based support text SHOUT to 85258