



Mental Health in Schools Team

Tips For Wellness



Inclusion and Belonging

Inclusion means making sure everyone feels welcome, accepted, and valued, no matter their differences. It's about creating a space where everyone feels like they belong—whether it's at school, at home, or with friends. Belonging means feeling like you are part of something and that you matter.

How to make others feel included:

1. Be Friendly and Approachable

Smile and say hello to people to make them feel welcome.

2. Invite Others to Join In

When you're playing a game or starting a conversation, invite others to join in. This could stop them from feeling left out.

3. Listen to Everyone

Take the time to listen to others, showing them that you care about what they say, even if their opinions are different from yours.

4. Celebrate Differences

Embrace everyone's differences and learn from them. It's what makes us all unique!

5. Use Positive Words

Use words that make others feel good, rather than teasing or making fun of them.

6. Be Open-Minded

Try to see things from someone else's point of view, to help build respect and connection.

Tips for feeling like you belong:

- **Be Yourself** – Don't try to change who you are to fit in. You belong just as you are!
- **Find Your Tribe** – Surround yourself with people who support and accept you. Finding people with similar interests to you can be a great place to start.
- **Take Care of Others** – When you make others feel like they belong, you help create a sense of belonging for yourself too.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.