

Mental Health & Wellbeing

For many years, mental health had been somewhat of an afterthought when it came to general wellbeing, with physical health taking top priority. However, over the past decade or so, attitudes have been changing, as the negative impact of mental ill-health on both a personal and professional level has become more widely recognised and publicised.

Wellbeing at Trinity

Trinity aims to provide a variety of ways in which pupils can access support for their general health and wellbeing. Currently there is a range of therapies, groups and trained individuals that Trinitarians have access to. Trinity now has plans to add to its existing provisions by introducing its first team of pupil Wellbeing Ambassadors.



Wellbeing Ambassadors

The role of our Wellbeing Ambassadors is to provide valuable early intervention help to their peers who may be emotionally distressed, need someone to talk to and responds well to those in need of a 'listening ear'. Much like the Mental Health First Aiders the Wellbeing Ambassadors are to be an additional point of contact for pupils. Wellbeing Ambassadors will help to facilitate the implementation of Trinity's Health and Wellbeing strategy by:

- Removing the stigma by getting people talking about mental health and sharing their experiences
- Raising awareness of mental health problems
- Organising specific events & celebrate mental health awareness days
- Promoting positive mental health in our school
- Signpost young people to access support in your school
- Share good news stories

If you have confidence to step in, reassure and support a person in distress or have enhanced interpersonal skills such as the ability to listen non-judgementally and would like to help someone recover their health by guiding them to further support - whether that's self-help then this could be the role for you. Becoming a Wellbeing Ambassador may be similar to the career you wish to pursue in the future.

Even without these skills still apply as all ambassadors will receive training. Keep an eye out for advertising and dates of when to apply.



If you are interested in becoming a Wellbeing Ambassador and would like to make a worthwhile contribution to Trinity's community, please speak to Mrs Buckley, Ms Lewis or Ms Simpson for further information. Further details on application will be on WeDuc and also in the newsletter next week.

