Student Voice

My name is Tommy Melluish and I am currently in year 11. My education at Trinity started at the end of year 8.

Although I have enjoyed my time at Trinity, there have been times when I have struggled along the way. I personally suffer with mental health issues and it is for this reason why I would like share my thoughts and experiences.

I have suffered from extreme anxiety, which has stopped me from doing everyday typical things to effecting my physical health. My journey has been hard and is still a working progress.

My experience of bullying and assault before coming to Trinity left me feeling ashamed, stupid, inferior and angry. This resulted in me not wanting to attend school, hence joining Trinity. Initially I did feel anxious before coming, however my head of year, my peers and teachers all helped me to fit in. The added bonus was the fact that the Trinity community really did feel like a family due to its size. Now I can honestly say all my worries have been eliminated. Yes of cause I become anxious at times, but I've learnt how to manage my emotions in a better way.

I completely understand how difficult it can be to speak about personal issues. However there is support out there, you just need the courage to ask for it. I want everyone reading this to know, if you become overly worried, feel stressed out, or have any concerns about your general wellbeing please talk to someone you feel most comfortable with about it. You can approach any member of staff at Trinity and if they cannot personally help you they will be able to signpost you to someone who can. It doesn't matter what the issue is or when it happened, it is better you get the support you need in a safe environment where you won't be judged. Trinity is fortunate to have a trained counsellor and trained mental health first aiders that can offer you their support. School counselling has been an enormous help and comfort for me. I would encourage any pupil to give it a go.

Tommy Melluish

What does mental health
& wellbeing mean to you?

"How someone
mentally processes
things".
TC YR 7

"I think about people
who struggle to
cope".
BD YR 11

"I think it's the way
someone thinks or feels
about themselves".
KL YR 9

"It is being healthy
mentally physically
and emotionally".
KM YR 11

How can mental wellness be improved?

"Talk to someone".
N.B YR11

"Doing something that you enjoy can be like therapy".
K.M YR 11

"Doing things that make you happy".
D.A YR 9

"Letting someone know that you trust help and guild you through your journey".
A.G YR 9

"Challenging yourself to do something you're fearful of and understanding what mental health actually is".
A.G YR 9

What do you think are the barriers to getting help for mental health issues?

"Some people think that they are not normal if they ask for help. They might find it embarrassing".
N.B YR 11

"Being embarrassed and feeling judged".
T.C YR 7

"The person may not feel understood or even understand themselves".
D.A YR 9

"It could be someone's religious beliefs or the belief that it doesn't work".
K.L YR 9

"Not having the confidence to talk about their issues".
T.M YR 11

What causes mental ill health?

"Things like family issues, not having adequate housing, abuse, being poor, homelessness and not having a job".
J.M YR8

"Stress overload, over thinking things and a lack of support".
T.M YR11