



WELCOME PACK

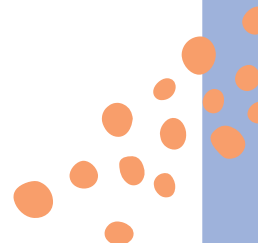


Changing Lives

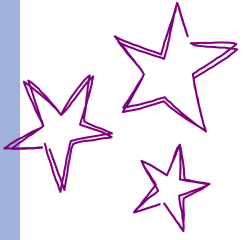
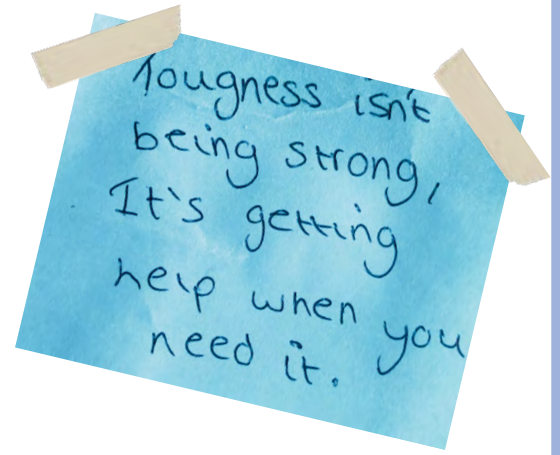


Compass

**For children
and
young people**

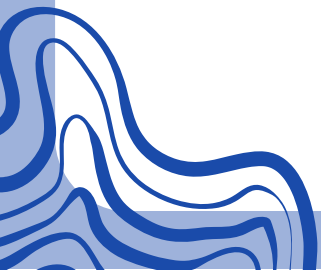
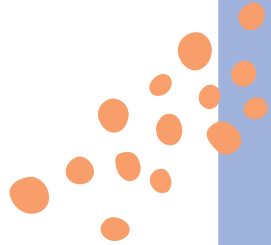


WELL DONE



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

CHANGING SLEEPING HABITS

LACK OF MOTIVATION

UPSET/ TEARFUL

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.

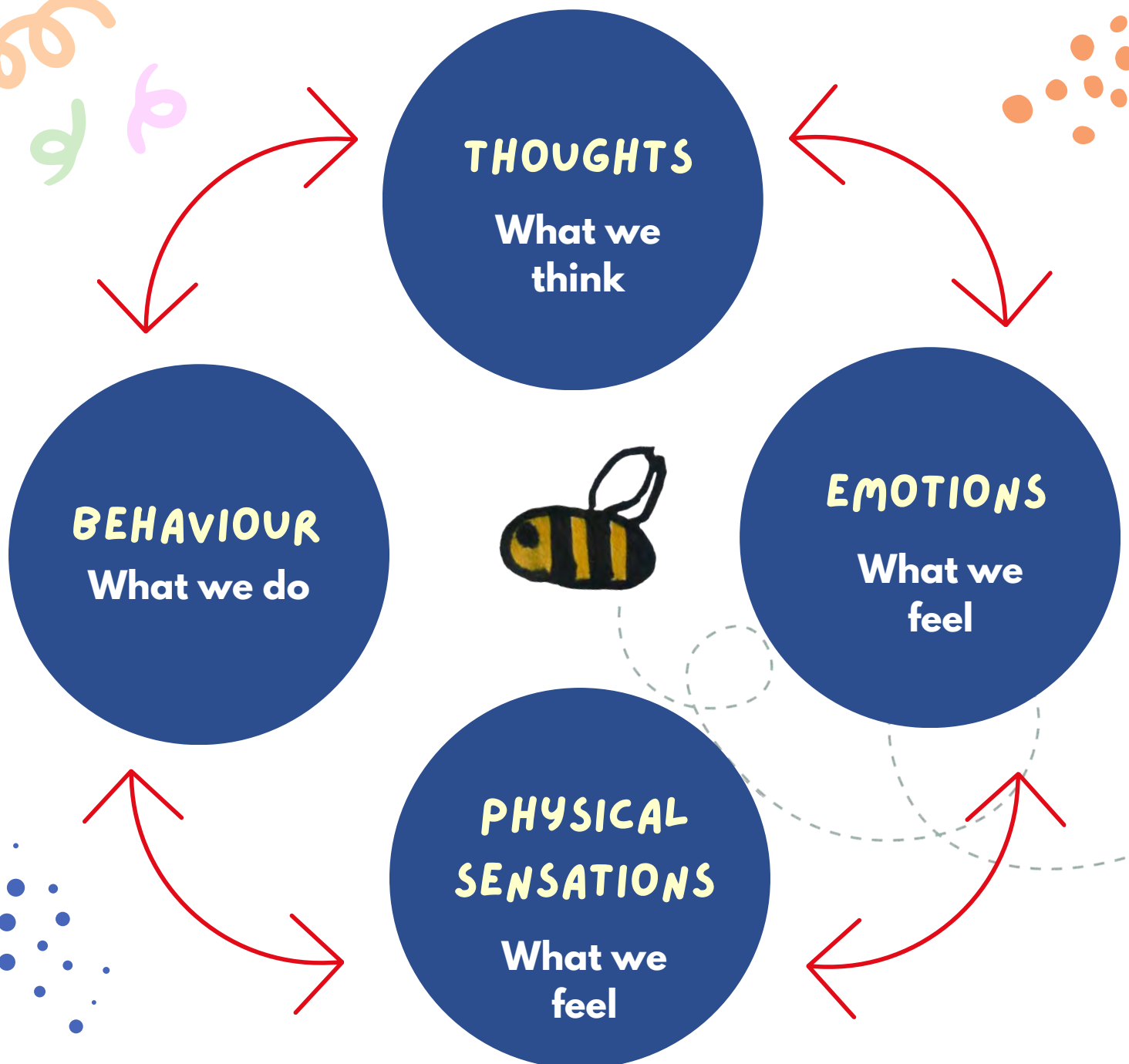
There are a few occasions when we feel that our service is not the right support for you, but that is ok, we will help you and your parent/carer or school to find the best support for you.

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.



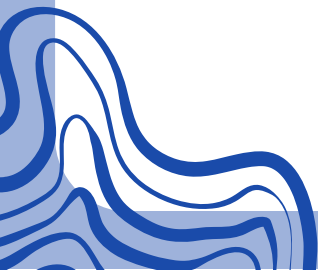
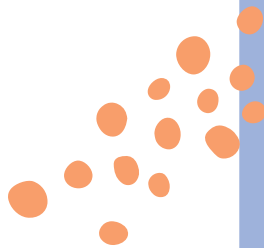
REASSURANCE

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

Don't doubt yourself.
You are amazing.



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



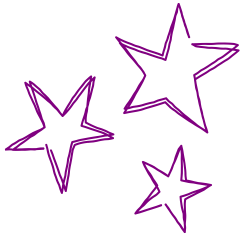
HELPING YOU

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 CHOOSE TEXT LINE!

THE MIX

www.themix.org.uk



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

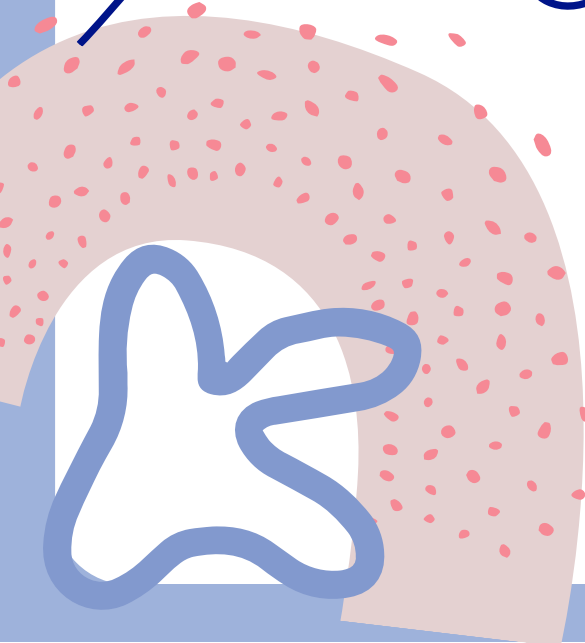
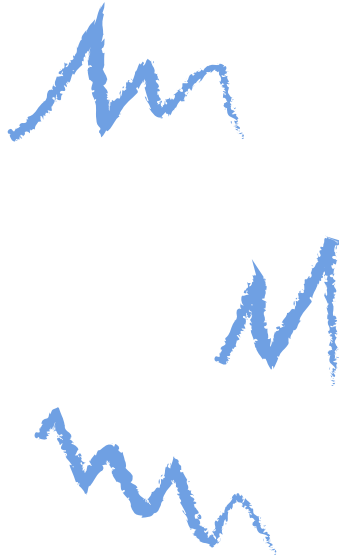
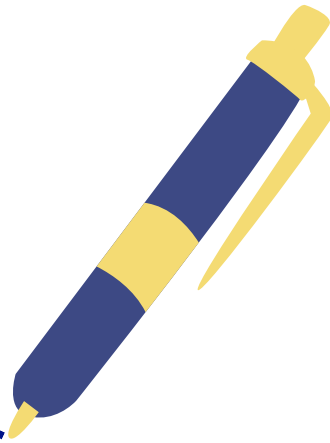


Talk to friends or go out in nature

BEE ACTIVE



MENTAL HEALTH ACTIVITIES



ALL ABOUT ME...

MY FAVORITE MOVIE IS...

MY NAME IS...

THIS IS MY PET



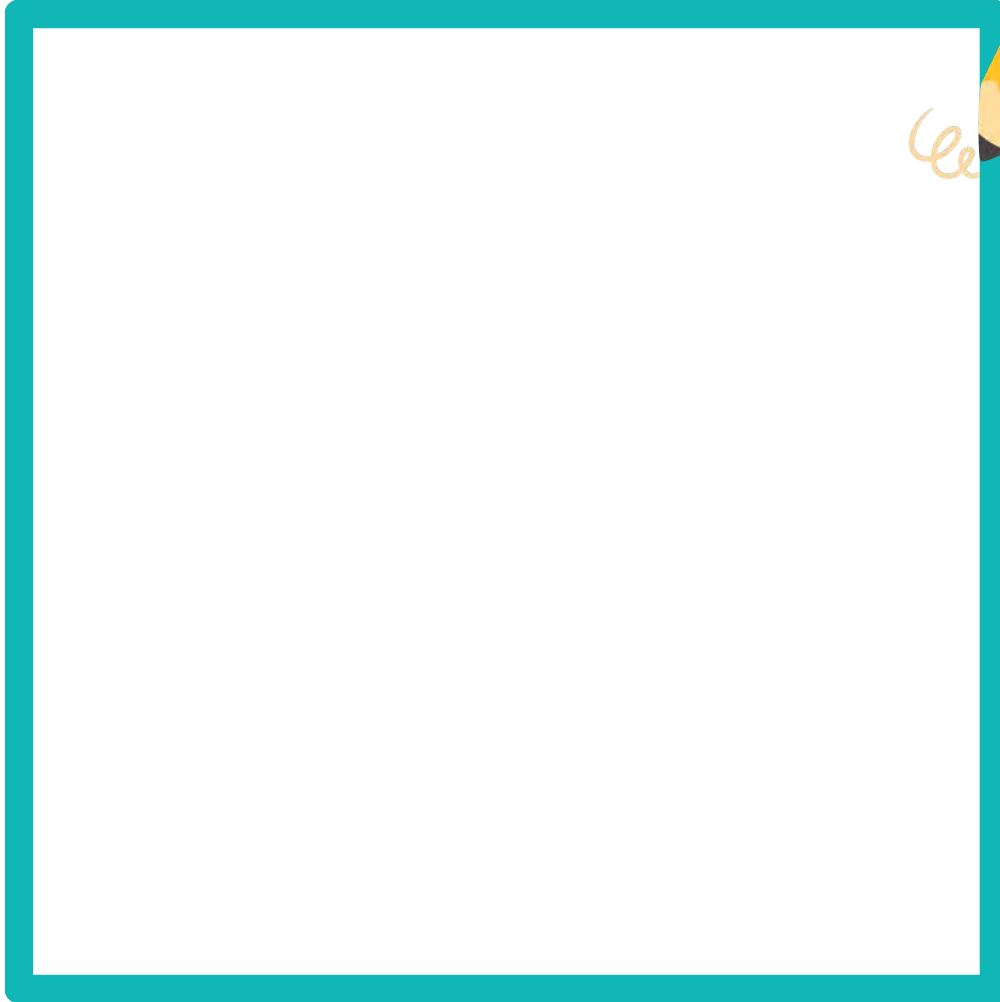
THINGS I LOVE

I AM
YEARS OLD.

I LIVE WITH...

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 THING YOU CAN *taste*

HOW ARE YOU
FEELING TODAY?

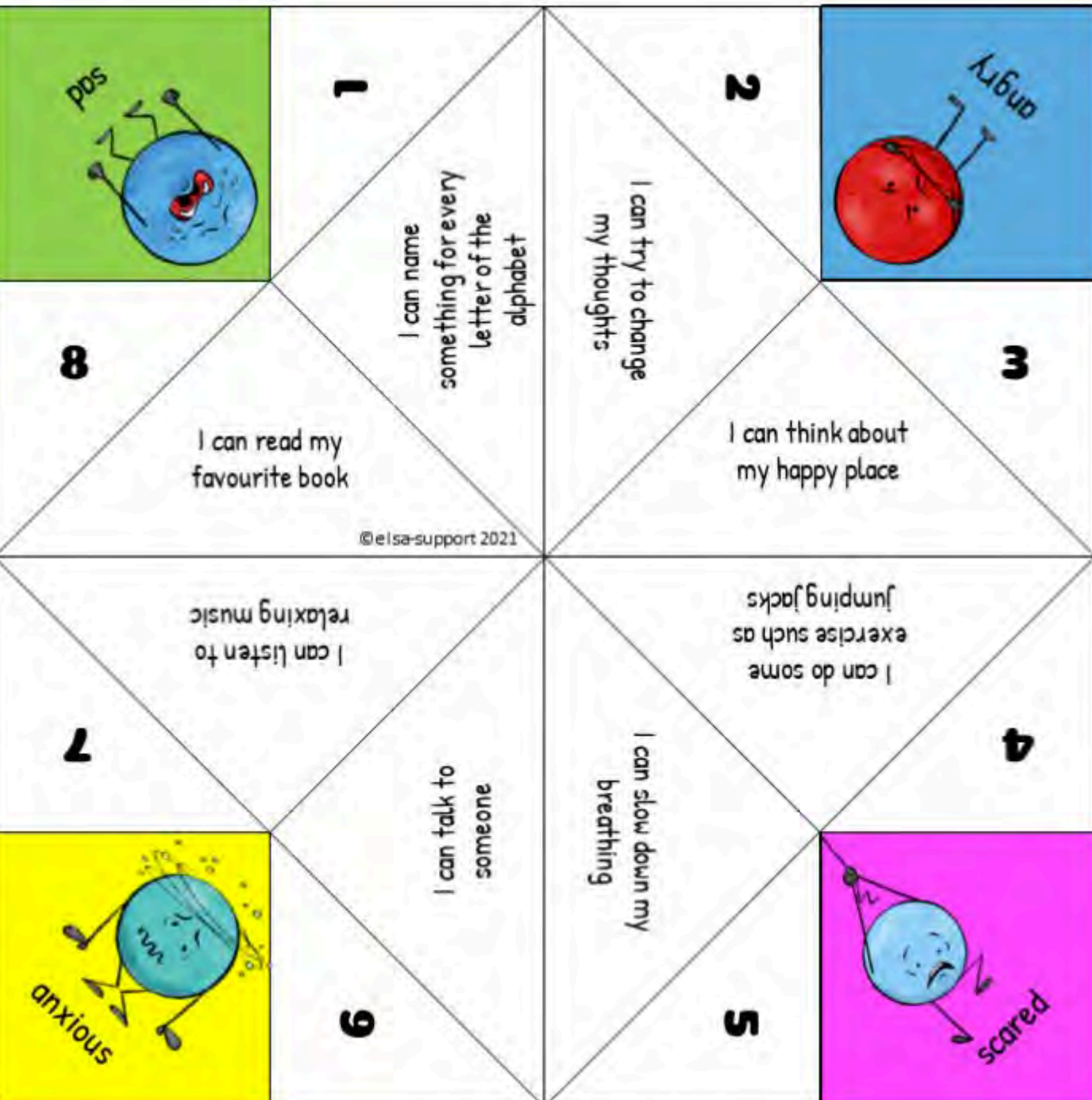
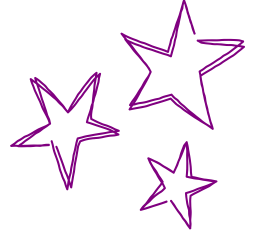
FORTUNE TELLER

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.





How to Make a Fortune Teller

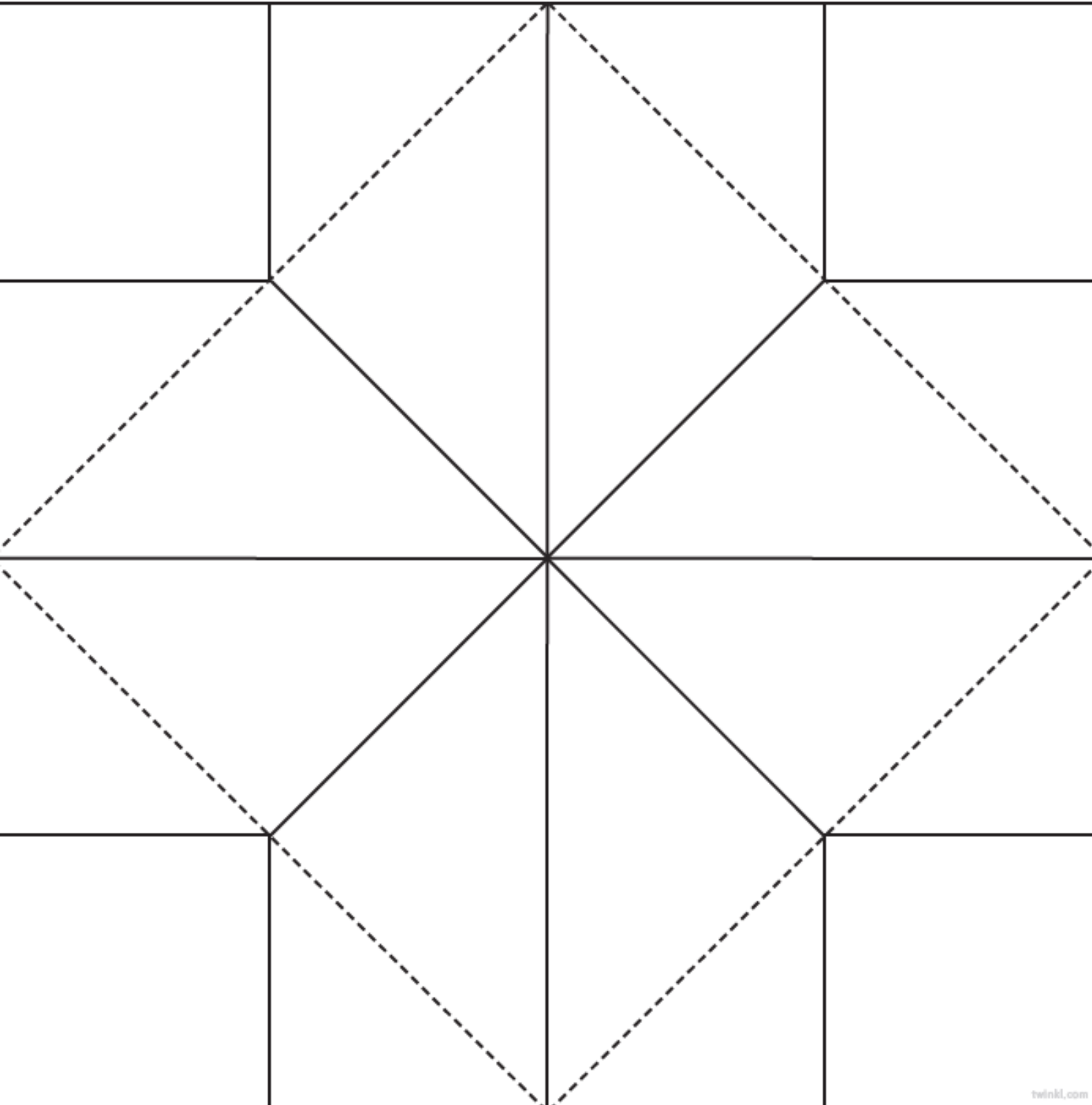
Fold in half and unfold. Repeat. **This is what you should see.**

Flip the paper. The side with the drawing should face the table. **Fold the corners to the middle.** **This is what you should see.**

Flip the paper. **Fold the corners to the middle again.** **This is what you should see.**

Fold in half.

Push your fingers in and wiggle them to open up your Fortune Teller. **This is what you should see.**



Everyone is special.

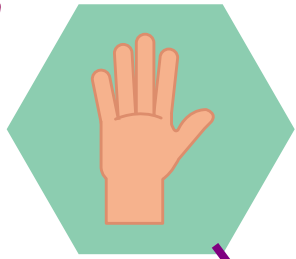


COMFORT BOX

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



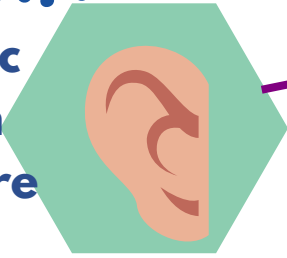
SEE

- Bubbles
- Photos
- Positive quotes



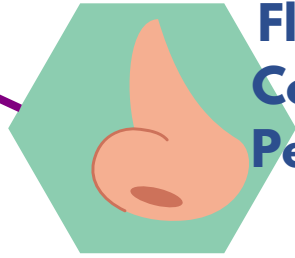
HEAR

- Music
- Film
- Nature



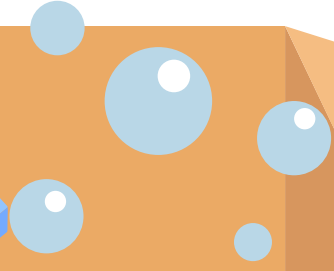
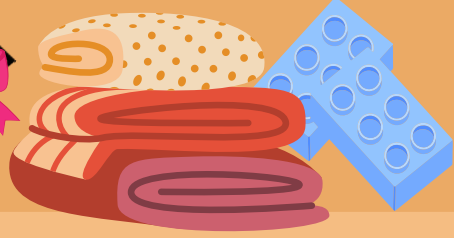
SMELL

- Flowers
- Cooking
- Perfume



TASTE

- Cold drink
- Crunchy food
- Something chewy

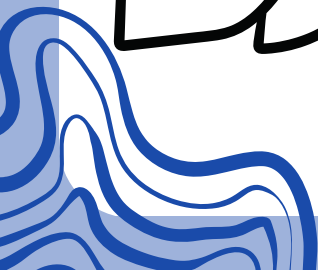


I am
brave.

BEE COLOURFUL



WELCOME TO THE BEACH



GRATITUDE JOURNAL

DAY 1

ONE GOOD THING THAT HAPPENED TO ME TODAY...

SOMETHING GOOD THAT I SAW SOMEONE DO...

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

DAY 5

SOMETHING INTERESTING THAT HAPPENED TODAY...

SOMEONE I WAS THANKFUL FOR TODAY...

TODAY I HAD FUN WHEN...

DAY 6

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

SOMETHING FUNNY THAT HAPPENED TODAY...

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

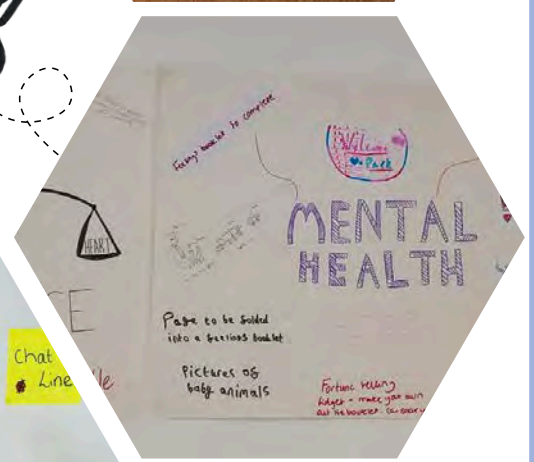


ACKNOWLEDGEMENTS



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!!!

its never game over, Just restart from your last check point.

Don't Be Scared to fail



"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.

Think happy

BE BRAVE

Every Step you take is a step in the right Direction

Everyone is special.

Sometimes all you need is a duck

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



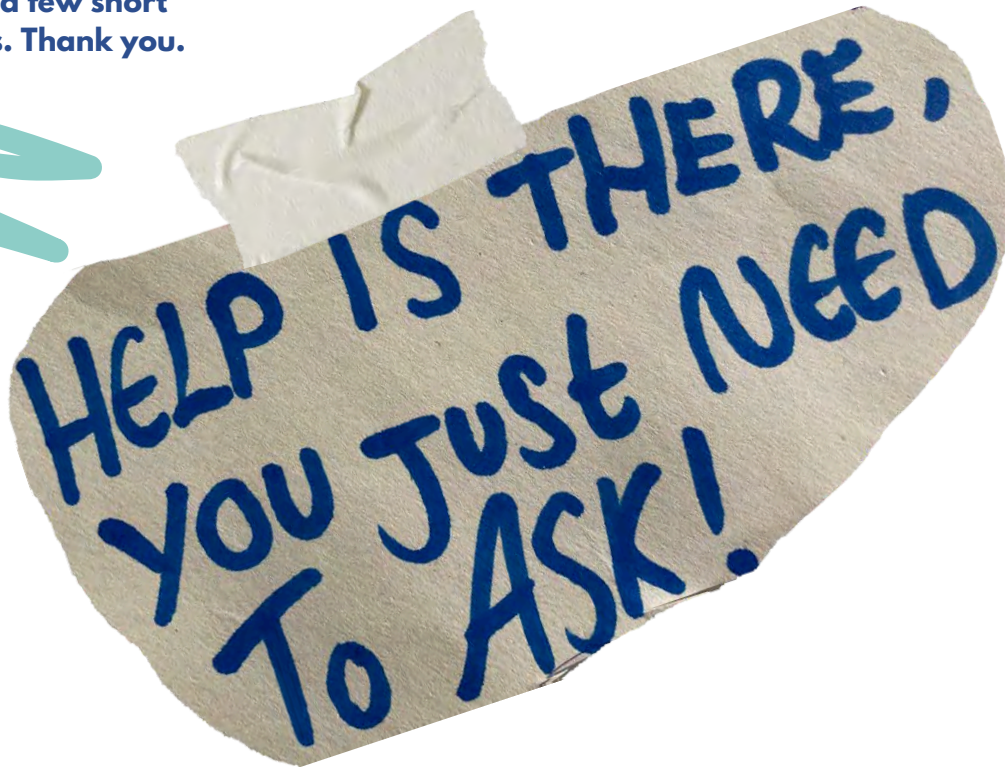
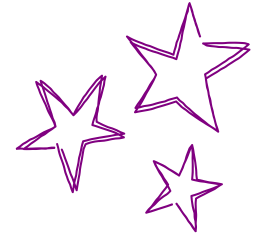
It's ok Not to be ok!

You accept you.

Welcome Pack Feedback Form



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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@compassclmhst

