



**Belfast Model**  
School for Girls  
ACHIEVEMENT FOR ALL

# Help for Students

when not in school...

Lifeline 0808 808 8000

Childline 0800 1111

NSPCC 0808 800 5000

NHS 111

PSNI 101

Samaritans 116 123

Inspire 90 328474

Social Services - Gateway 90 507000

The Migrant Centre NI 07769903471

Family Support NI 0845 600 6483

See school website for wellbeing information: [www.belfastgms.org](http://www.belfastgms.org)



Try to relax - take a break from reading about what's going on and do something fun or relaxing



Unplug - turn off the news for a while. Netflix binge, watch a film or read a book instead

If you're feeling overwhelmed or your thoughts are racing, take deep breaths - in for 7 seconds, out for 11



Go for a walk or do a workout - exercise is one of the best things for your mental health, and your immune system.

Connect with others - especially if you are housebound. Make use of phone calls and FaceTime.

