

## Mental Health and Wellbeing.

### Some information for adults

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

### Information for pupils

[https://www.startnowcornwall.org.uk/get-help/five-ways-to-wellbeing/#five\\_way\\_3](https://www.startnowcornwall.org.uk/get-help/five-ways-to-wellbeing/#five_way_3)

### Ideas for wellbeing activities

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing-young-people/five-ways-to-wellbeing-for-young-people.aspx>

### Digital 5 a day

<https://www.childrenscommissioner.gov.uk/digital/5-a-day/>