

Clovelly celebrates positive and good mental health.

#wearyelloday#mental health



At Clovelly house school we support and destigmatise mental health. As a school we celebrate mental health awareness month, wearing yellow to make someone smile, and other mental health events. September is suicide prevention month so we aim to expand our pupils knowledge on suicide prevention and the signs and reasons why someone may be feeling this way. It is important to us that we diminish the stigma of mental health and help our pupils to understand that there feeling are completely valid and we are always there to support them. We encourage talking about how we feel and giving students the ability to be the listener to someone else as well. *MR pupil in year 12*



Walk in my shoes...

There will a time when we will all need one another; we will need a listening ear that not just listen but that hears us! At Clovelly we embrace (adults and children) listening and hearing and encourage the conversation and encourage the question “how are you? How can I help?” because only together can we really move forward.

“I cannot walk in your shoes and understand what your shoes feel like, but together we can walk alongside each other until your steps feel strong enough to carry on alone on that journey”

#wearyellowformentalhealth#clovellyschool2020

