

# Abbey Hill Mental Health Charter



Everyone has days when they feel down or sad for no reason. This is part of our internal emotional roller coaster. Some days we are up and some days we are down. However, when we are feeling low, we may need some help to feel better.

Abbey Hill Academy staff and students are all part of an amazing family and we pledge to help each other when things get tough.

Our Mental Health Charter is here as a reminder that we care about each other and we are loved.

## Everyone at Abbey Hill pledges to;

- ✓ Look out for each other at all times. Everyone is fighting battles we know nothing about
- ✓ Always be kind - if we don't have anything nice to say then we don't say anything at all
- ✓ Ask for help if we need it no matter how small the problem may seem. If you can't say it, write it down and pass it on. A problem shared is a problem halved
- ✓ If someone doesn't have a smile we will give them one of ours

#itsoknottobeok  
#TeamAbbeyHill ♥

