

Mental Health & Wellbeing

SECONDARY TAKEAWAY MENU | 11-16 YEARS

Good mental health is the foundation of the rest of our personal and working lives, so make sure you take the time out to do what is best for you.

STAY SAFE

The online world is increasingly becoming part of our every day lives, so here's some tips to make sure you are staying safe online.

[READ HERE](#)

CONQUERING FAILURE FEARS

We all fail from time to time. Whilst you might want to never fail at anything, we think embracing failure can help us grow.

[READ HERE](#)

LEARN FROM MISTAKES

Mistakes can really get us down. It's ok to be making mistakes, it is about learning from mistakes that matters.

[READ HERE](#)

REDUCE PRESSURE

Do you find that you put a lot of pressure on yourself? This can impact your mental in a way you didn't even realise.

[READ HERE](#)

GET SUPPORT

Remember, there is always someone you can talk to if you need further support. Find more resources here.

[READ HERE](#)