



Mental Health Ambassadors

Naomi Barrie, Olivia Chai, Eilidh Chisholm, Lucia D'Alessio, Lilian Keith,
Kira McCaffery, Rory Mulgrew, Olivia Ross, Zahra Saednejad, Lovely
Sewlyn, AJ Stuart

PSE



- Over the coming weeks, we'll be presenting lessons to the S2 PSE classes all about mental health.
- We'll be talking to you about
mental health concerns
how to look after yourself,
different ways of getting help and more!
- We're really looking forward to getting to know you all! 😊



One-to-One Sessions

- We are available over the course of the year for one-to-one chats if you'd like to discuss anything concerning your mental health or if you're looking to support someone... we're here to help you!
- We'll offer advice, help and support (this might be through coping strategies, support websites or helplines) and be there if you need a listening ear.



- Remember: no concern that you have is too small or “silly”.
- We understand that reaching out for help can be overwhelming however talking to someone is important and can vitally improve the way that you’re feeling.
- On the next slide, you’ll see various ways of getting in touch with us that aim to make you feel more comfortable about asking for help and seeking some advice.

Contact Us!



- For advice, support or to organise a one-to-one session you can get in touch via the following:

Our email: mentalhealthambassadorba@gmail.com



Our Instagram: mentalhealthambassador__ba



Our Twitter: bishopbriggsmha



Our Instagram and Twitter pages post motivational and support messages, tips and helplines. Our DMs are always open!

Our profile picture is our logo.





Talk to us!

- You can identify us by our badges and our photo will be displayed in the school. We will get a chance to meet you all via PSE lessons too.
- You can also talk to us to organise a one-to-one chat/get some advice.
- You will be able to speak to/email your guidance teacher if you'd like to chat to one of us.
- Additionally, there will be posters around the school offering more information.