

SMBS TERM 6

MENTAL HEALTH NEWSLETTER

Community



Relationship between Community and Mental Health

Community can support our mental health by connecting us with others while giving us a sense of belonging and purpose. This can help us to feel happier and reduce mental health symptoms.

Ways to connect with your community

1. Get outdoors/join activities you enjoy
2. Connect with people with common interests
3. Show kindness to others
4. Show your gratitude
5. Volunteer or give to charity

SMBS contribution to the community

In summer term Year 9s have been doing work experience in the Granville Community Garden. Granville Community Kitchen is an organisation that provides healthy, affordable, and sustainable food access to the local community. By helping in the garden, students also benefit from being outdoors in nature which has a positive impact on their mental health. This links to 'Give' from the 5 Ways to Wellbeing.

**For more
information:**

