

S6 Broughton Wellbeing Mentors



BROUGHTON
HIGH SCHOOL, EDINBURGH

#weallmatter



Who are we?

- We are your S6 **Broughton Wellbeing Mentors.**
- Our role is to provide peer support to all students at Broughton High with anything that is affecting your mental health and wellbeing e.g. falling out with friends, family issues, struggling with school work, feeling low.
- We will be training with qualified mental health councillors from U-Evolve.
- We are here to help 😊

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Why come see us?

- You may prefer to speak to another young person rather than an adult. We will keep our conversation confidential, just between us (unless you want us to share it with your PSL or feel you or someone else are in danger).
- We are also Broughton students so we know the school really well and the challenges you may face. We have faced them too.
- Bring a friend along for support if you want to.

<https://www.youtube.com/watch?v=YxLjTatUu0w>



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Where are we?

- BRO-WellbeingMentors@ea.edin.sch.uk
- Our photos will be on the mental health and wellbeing board outside the guidance base where you will also find information on local services you can access.
- Anytime you see us say Hi!! 😊

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Where can you get advice and help?

Wellbeing mentor email service

Your Pupil Support Leader

Twitter @broughtonpsl

Family and friends

GP

The Junction (local service)

NHS online

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Feeling low? Are you struggling with peers or school work stress? Is something happening outside school?

Don't bottle it up, come talk to us!!

Whatever the situation, our S6 Broughton Wellbeing Mentors can help.

Where: BRO-WellbeingMentors@ea.edin.sch.uk

When: Any time 😊

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And remember to use and look out for our school mental health hashtag

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