



INSPIRE WELLBEING AMBASSADORS RESOURCE PACK



WELLBEING AMBASSADOR TRAINING

Inspire Wellbeing Ambassadors have undertaken training:

- To understand the role of a wellbeing ambassador
- To recognise the signs of someone struggling with their wellbeing
- To know how and where to signpost others if they are struggling

A Wellbeing Ambassador is:

- Someone who can recognise when a peer is struggling with their wellbeing
- Someone who can signpost others to sources of support
- Someone who can model personal commitment to their own wellbeing

A Wellbeing Ambassador is not:

- A mental health professional
- An emergency contact

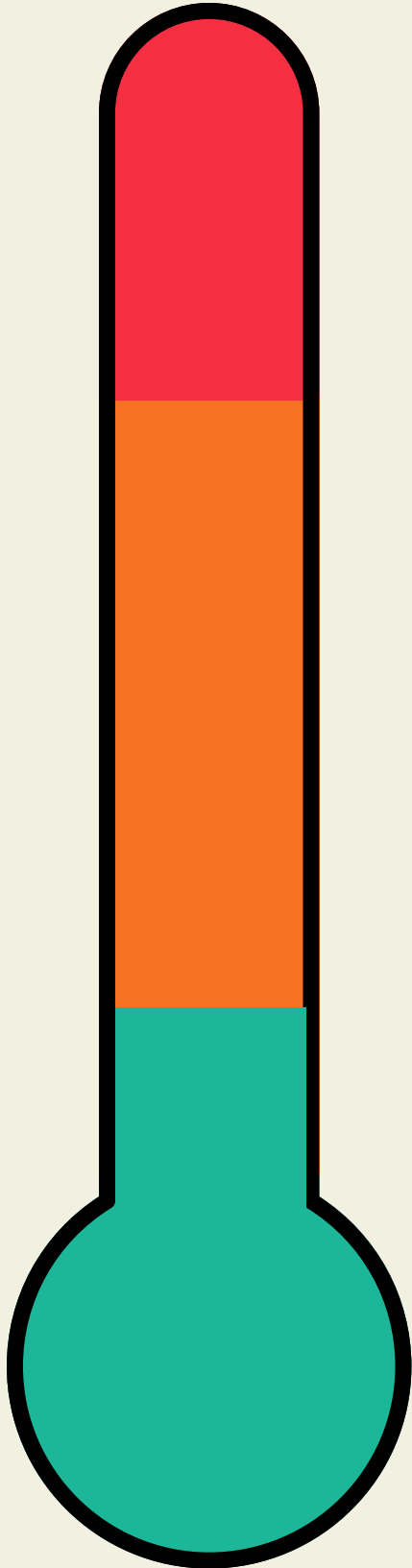


WELLBEING IS...

Physical	Social	Emotional



WELLBEING THERMOMETER



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UNDERSTANDING THE WELLBEING THERMOMETER

How can we tell whether someone is in the red zone, the orange zone or the blue zone?

Think about your own experiences. For each zone, consider;

What are our feelings?

What are our thoughts?

What does our body feel like?

What is our behaviour?

Is it our social, emotional or physical wellbeing that's affected? Or a mix?

Someone in the red zone needs support from a trusted adult

Someone in the orange zone might need to offload and introduce some self-care

Someone in the green zone can cope with life and handle any challenges



SUPPORTING PEOPLE IN THE ORANGE ZONE

When supporting people in the orange zone on the wellbeing thermometer, Wellbeing Ambassadors aim to be:

- Approachable
- Friendly
- Non-judgmental
- Accepting
- Empathic
- Helpful
- Able to adapt
- Grounded
- Mindful of others and their surroundings

Wellbeing Ambassadors use their listening skills:

- Active listening
- Giving the person time and space
- Repeating and summarising
- Not putting words in their mouth
- TED
 - “Tell me...”
 - “Explain to me...”
 - “Describe to me...”



SUPPORTING PEOPLE IN THE ORANGE ZONE

Wellbeing Ambassadors can suggest self-soothing exercises:

If someone is in a heightened state, this is a quick and easy exercise you can guide them through.

- Breathe in through your nose for 3 seconds
- Breathe out until your lungs feel empty
- Breathe in through your nose for 3 seconds
- As you breathe out, let your shoulders drop
- Repeat 4 times



Wellbeing Ambassadors can signpost

This means pointing someone in the direction of further support after you've done your part.

Check out the services listed in this booklet and create your own directory of helpful teachers and staff in your school.

SUPPORT ORGANISATIONS



Shout - Crisis Text Line - 24 hour textline - Text
85258

<https://www.giveusashout.org/>
Text if you are feeling unable to cope

Childline - 24 hour help - 0800 1111
Children and Young People struggling with
anything.
<https://www.childline.org.uk/>

Bullying Advice and helpline
0808 800 222
<https://www.bullying.co.uk/>

Cheshire Without Abuse - 24 hour helpline -
01270 250390
<https://www.cheshirewithoutabuse.org.uk/>
Advice and Crisis Support/accommodation

**Papyrus - National Charity Prevention of Young
Suicide**
HopeLine 0800 068 4141
<https://papyrus-uk.org/>

CentrePoint - Homelessness Risk aged 16-25
Free 0808800 0661 (Mon-Fri 9-5)
<https://centrepoin.org.uk/>

UK Safer Internet Centre - Internet Safety Advice
<https://www.saferinternet.org.uk/>

Inspire Her
Wellbeing & counselling for girls aged 14-25.
01606 557666
www.inspire-her.co.uk

This might include heads of year, form tutors or pastoral staff.

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom-left corner, there is a small, stylized illustration of an orange pencil lying horizontally. The entire sheet is set against a dark grey background.



SUPPORTING PEOPLE IN THE RED ZONE

If somebody is in the red zone, it's time for us to speak to a trusted adult:

- Speak to a trusted adult within school.
- If possible, find out who the person you're supporting would feel comfortable speaking to.
- If you feel like your peer needs more support than you can offer, don't be afraid to seek support for them.
- Once you've ensured your peer is in the care of a trusted adult, your part is done.
- It is always better to be safe than sorry!

REMEMBER: A Wellbeing Ambassador is not:

- a mental health professional
- an emergency contact.





NOTES

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