TALNOVA

EDUCATION THAT ELEVATES

MENTAL HEALTH *& WELLBEING*



KINDNESS.
CARE.
WELLBEING
FOR EVERYONE.

Look after yourself. Look out for others. Ask for support.

Mental health matters at every stage of learning and work. You do not need a diagnosis or a crisis to start a conversation about how you are feeling.

01 CONNECT

Small conversations can matter.

- Make time for people you trust.
- Join an activity, speak to a classmate or check in with a colleague.
- If you feel isolated, ask your tutor for support to reconnect with learning.

Try: Send one message or start one conversation today.

02 BE ACTIVE AND TAKE NOTICE

Choose manageable steps.

- Find movement that suits your needs and abilities.
- Notice how you feel and take breaks from screens when you can.
- Spend time outdoors if it is accessible to you.

Try: A short break, gentle movement or a few moments of quiet.

03 KEEP LEARNING AND GIVE

Build confidence through small actions.

- Learn something new without expecting perfection.
- Notice progress and recognise effort.
- Offer kindness or help when you have the capacity.

Try: Set one achievable goal, thank someone or support a classmate.

04 MANAGE DAILY PRESSURES

Ask before things pile up.

- Plan tasks in small steps, take regular breaks and make time for rest.
- Discuss deadlines or workload if you are struggling.
- Sleep, meals and routine can support wellbeing.
- Everyday habits are helpful alongside, rather than a replacement for, professional support.

05 RECOGNISE WHEN YOU NEED HELP

Choose manageable steps.

- Find movement that suits your needs and abilities.
- Notice how you feel and take breaks from screens when you can.
- Spend time outdoors if it is accessible to you.

Try: A short break, gentle movement or a few moments of quiet.

06 SUPPORT SOMEONE ELSE

Listen without judgement.

- Ask how they are and give them time to speak. Avoid dismissing their feelings or trying to diagnose them.
- Encourage appropriate support. Do not promise secrecy if someone may be at risk.
- If you are worried about safety, tell the safeguarding team.

Support is available

You are not alone.
Help is available.

Samaritans:
Free, confidential text support, 24/7.
Call 116 123 | samaritans.org

Mind:
Mental health information, advice and support.
Mind.org.uk

Shout:
Free, confidential text support, 24/7.
Text SHOUT to 85258 | giveusashout.org

NHS Every Mind Matters:
Practical tips for stress, anxiety, sleep and wellbeing.
nhs.uk/every-mind-matters

For wellbeing support, speak to your tutor, student services, or email support@talnova.com.

Brighter futures together.