



Compass BUZZ 'Exams are cancelled but knowledge is yours for ever'

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- Credit Compass BUZZ
- Do not financially profit from it
- Do not edit it

We are pleased that you have found us because here at Compass BUZZ we're passionate about mental health and want to share our service with you. Compass BUZZ is an exciting, innovative and free project that aims to improve the mental health and wellbeing of children and young people aged 5-18 (25 with SEND) in schools across North Yorkshire.

The project works with schools and other key partners to increase the skills, confidence and competence of staff dealing with emotional and mental health concerns.

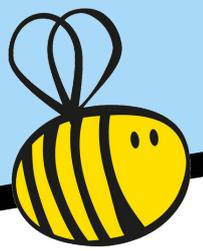
Our offer:

- Level 1 Mental Health and Wellbeing Training-Prevention and Promotion for all school staff and key partners
- Level 2 Mental Health and Wellbeing Training-Early Identification of Need for selected school staff
- Level 3 Mental Health and Wellbeing Training-Early Help and Intervention for selected school staff
- Student Champion Programme- Train the trainer model on how to establish and maintain a student champion programme in your school
- Request for Support Process- where school staff can request our help and support around group and individual time limited interventions
- BUZZ US-confidential text messaging service for young people aged 11-18 across North Yorkshire

Find out more on our twitter [@Compass BUZZ](#) or website:

<https://www.compass-uk.org/services/north-yorkshire-compass-buzz/>



**1**

Check in with your feelings about this. Notice and accept them. You are allowed to feel however you feel.

There are no bad emotions. You might even feel all different conflicting feelings at once. That's okay too.

2

Speak about your feelings with someone you trust. This could be a family member or a friend. You can also use the BUZZ US text service by texting 07520 631168.

Find out more: <https://www.compass-uk.org/buzz-us/>

3

Look after yourself. **Find ways to nourish yourself and look after your wellness.** Be patient with your feelings and find positive ways to work through them, for example art, exercise, writing, reading and talking.

4

When you are ready, see if you can start to **think about this from a different angle in your mind.** Can you think of any positives to what is going on at the moment?

Either for you, your community or the world.

5

In challenging circumstances like this when things seem out of your control, one of the best things you can do is control how you respond. **Here is where your power lies; in what you choose to do next.**