

MENTAL HEALTH DURING A TIME OF CONFLICT IN EUROPE

Just some of the ways your mental health or that of people you know could be affected by the situation in Ukraine.

Feeling powerless

Insomnia

Grief

Dread

On tenterhooks

Overwhelm

Lack of energy

Sense of doom

Fear

Uncertainty

Anger

Compulsion to check news

Hard to focus

Feelings of guilt

Outrage at injustice

Despair

Anxiety

Hopelessness

Worry

Sadness

Irritability

Separation from loved ones

www.mentallywellschools.co.uk

Evidence-informed FREE resources, programmes & CPD training

(including DfE quality assured course) to improve student & staff wellbeing