

# Mental health and wellbeing in school



## Rachel's experience

Rachel is going into her Leaving Certificate year. She is very worried about the work that she missed out on when her school went into lockdown. She struggled with learning from home and missed the chance to ask questions and learn from others in her class. She is worried about being blamed for not being as ahead as she should be and feels like she is on her own. She sometimes thinks it would be easier to leave school.

## Joe's experience

Joe started secondary school this year. He feels as though he didn't get to say a proper goodbye to his primary school friends and worries that he hasn't made many new friends in secondary school. He enjoys English and PE but is struggling with Maths and worries before every lesson that he will be asked a question that he cannot answer. With covid-19, Joe's dad might lose his job and this worries him a bit.

