

Mental Health Awareness

Session title:	Looking after yourself, looking after your friends
Session length:	25-40 minutes (adjustable)
Suitable for:	Assemblies, tutorials, group work
Year groups:	Year 10 upwards (including further and higher education)

Aims

- To enable students to recognise signs and symptoms of common mental health problems.
- To give students information about how to respond and where to get help.
- To raise awareness of the prevalence of mental health problems and how to provide examples of recovery.
- To provide students with strategies to promote mental wellbeing.

Audience

This session is relevant to all students in Key Stage 4 and 5. The content references the fact that individuals, their friends or their family members may experience problems with their mental health. This will make it directly relevant to a large number of young people with additional pastoral needs.

The focus on promoting mental wellbeing also makes the session relevant to all students. The amount of change students face at this age means that this is the ideal time to introduce positive strategies to boost mental wellbeing as well as the ability to identify the signs that there may be a problem.

This session fits well into PHSE and Citizenship programmes. Sessions can be universal or can be adapted for students studying relevant courses (e.g. psychology, health and social care etc). The session also highlights the positive benefit of volunteering and would suit many students by providing an example of how to gather job skills and work-based experience.

Who will deliver the session?

The session will be delivered by a member of staff from Manchester Mind. All staff are experienced in the field of mental health and in working with young people. It may also be possible for a young person to attend the session as well. This will be a volunteer who has experience of the services delivered by Manchester Mind. All staff and volunteers are DBS checked.

Evaluation

We need each student to complete a simple A5 evaluation sheet. This is to gather anonymous data for our funders. However it does also help us to improve our services and sessions in the future. We can leave the forms with you to give to the students in form time or to use as part of a follow up session.

The evaluation also asks students to reflect on whether they found the content useful and whether they would feel confident to speak to a friend about their mental health problems following the session. We can pass the evaluation data back to you if you would find this helpful.

Resources

This session fits well into the PSHE and citizenship programmes. We can provide a number of lesson plans and resources to enable you to easily deliver follow-on sessions for students.

Contact us

You can book a mental health awareness session via e-mail at yasp@manchestermind.org or over the phone on 0161 221 3054. These sessions are free so long as the majority of the audience are aged 15-25 and are Manchester residents. Manchester Mind is also able to deliver tailored sessions on mental health awareness to professionals. Please contact our charity for details on 0161 226 9907.

