

# Mental Health Awareness Workshops for Young People



1 in 10 young people experience a mental health issue at any one time, that's around 3 in every class. (Office of National Statistics).

Half of all lifetime cases of mental illness begin by age 14. (National Institute for Mental Health)

Although mental health issues are not a new problem, the emergence of the 21st century and its associated social changes have resulted in a brand-new array of obstacles and challenges for young people, which has led to increased mental illness.

The current mental health service crisis and lack of support means that educational intervention is even more significant in promoting positive mental health amongst the youth of today.

## How we Help?

We provide **1-hour interactive mental health awareness** workshops for young people aged 9 - 19 years in schools and colleges. Developed in partnership with Forward Thinking Birmingham and the University of Birmingham, these tried and tested workshops are proven to increase understanding of mental health, increase confidence in managing difficult feelings and increase knowledge of how and where to seek help.

Workshops are best delivered onsite at your school's premises in a classroom environment to a minimum of 10 and a maximum of 30 pupils per session. Workshops are facilitated by an experienced Altruist facilitator and a trained young person volunteer who shares their personal experiences of mental ill-health.

All pupils are given a support card or leaflet which provides useful mental health helplines and websites.

## Success Stories

With over 2250 students reached in 2018, the following outcomes were achieved:\*

- Significant increase in **knowledge** and **understanding** of mental health
- Significant increase in **personal confidence** in coping with difficult feelings
- Significant increase in **personal confidence** and **awareness** of how and where to seek help

\*Pupils were asked to complete a short questionnaire before and after the workshop to measure the impact of the sessions. Some pupils were also interviewed two weeks following the workshop to assess their confidence, attitudes and understanding in relation to mental health.

For the full 'Evaluation of School Based Mental Health Interventions' report, please email [info@altruistuk.com](mailto:info@altruistuk.com)

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1  
Hour

## Sample Workshop Content

### Primary Schools

- What are emotions and feelings?
- Causes of stress and anxiety
- SATS and transition to secondary school
- Personal experience presentation
- Strategies to manage negative feelings
- Where to seek support

### Secondary Schools and Sixth Form

- What is mental health?
- Anxiety disorders, Depression, Eating disorders and Self-harm
- Personal experience presentation
- Identifying the early signs of an issue
- Building resilience using the Five Ways to Well-being
- Where to seek support



## Testimonials

"I think the subject content of this mental health training is great - the pitch is just right for primary children and conveys important messages in a way that they can access." **Loretta Walkerdine, Year 6 teacher and UKS2 Phase Director, Balsall Common Primary School Academy**

"The mental health sessions went extremely well and all our pupils (and they were not the easiest bunch to keep engaged!!) were engaged for the whole session, in particular, when Jasmine told her story, you could hear a pin drop! I spoke to the pupils after the session I sat in on and all of them thought it was worthwhile." **Mrs P Evans, Assistant Headteacher, Hall Green Secondary School**

"When Daniel spoke of his experience, I found it very moving. The children were able to relate to how he felt. He spoke openly emphasising the need for an awareness of Mental Health Well-being, and what to do if a person/child has low feelings. I feel the programme is suitably linked to PSHE in schools and was delivered at an age appropriate level." **Mary Orton, Pastoral Manager, St. Jude's Catholic Primary School**



### Contact:

For more information on our services and pricing, please call **0121 271 0550** or email **info@altruistuk.com**

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