



World Mental Health Day

School information pack

Learning about mental health

What is mental health?

How can we help ourselves have 'good' mental health?

What is a mental health problem?

Young Minds guide to mental health conditions

World Mental Health Day falls on Monday 10th October, but you can promote positive mental health on any day of the month. This pack contains resources and activities to help schools talk about mental health, reduce stigma, and discuss ways we can all look after our wellbeing.

Resources and activity ideas

Autumn activities

Activities that celebrate the turn of the season and promote wellbeing. These downloadable resources could be completed at school or sent home for families to try.

Wild outdoor learning for school groups

Warwickshire Wildlife Trust provides curriculum outdoor learning for children from reception to secondary school ages at their Environmental Education Centre at Brandon Marsh near Coventry or at the Parkridge Centre in Solihull.

YoungMinds school resources

A vast range of quality mental health resources and activities for schools.

Public Health England self-care lesson activities

A PowerPoint and resources to help pupils discover and try out self-care.



Information for pupils & families

Services

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.



Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

Websites

www.mind.org.uk

www.youngminds.org.uk

www.selfharm.co.uk

www.time-to-change.org.uk

www.warwickshire.gov.uk/sorted (For self help books)

www.papyrus-uk.org

www.youthaccess.org.uk

www.themix.org.uk

www.annafreud.org

www.rcpsych.ac.uk/mental-health/parents-and-young-people

Apps

[SAM: Self-help for Anxiety Management](#)
[Headspace](#)



C4H

Confidential support via text

Young people aged 11-19 (or up to 25 with SEND) can text a school nurse for support via ChatHealth. The nurse can provide support with a range of topics, including emotional wellbeing, and can refer onwards to specialist services where required.



07505 331 525