

How we can help

Mental health and
wellbeing programme
for secondary schools

To book or for more information,
please contact:

youth.service@rbmind.org



School assemblies and workshops

Our sessions for schools cover mental wellbeing at an introductory level as well as delving deeper into specific topics such as stress and anxiety, bullying and self-esteem.

Designed to address the topics in the Department of Education's statutory guidance, our assemblies and workshops are presented in a way that pupils can understand and relate to. We take a flexible approach and can work around a busy school timetable.

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Workshop 1

Introduction to mental health

Delivered as either a short introductory 15 minute assembly or as a more comprehensive 45 minute workshop, this gives pupils a targeted introduction to mental wellbeing.

- Who has mental health?
- Youth statistics on poor mental health
- Indicators of good mental health
- Having a sense of your own wellbeing
- Coping with stress and anxiety
- Building the tools for resilience including the 5 ways to wellbeing
- Tackling mental health stigma
- Where to get help

Workshop 2

Anxiety and depression

The effects of Covid as well as the pressure to do well academically have left many young people struggling with anxiety and depression. This 45-minute workshop is designed to help young people recognize the symptoms, and develop resilience-building tools:

Anxiety and stress

Managing the effects and coping techniques and exercises

Depression

Seeking help and how confiding in friends, family and professional help will lead to recovery

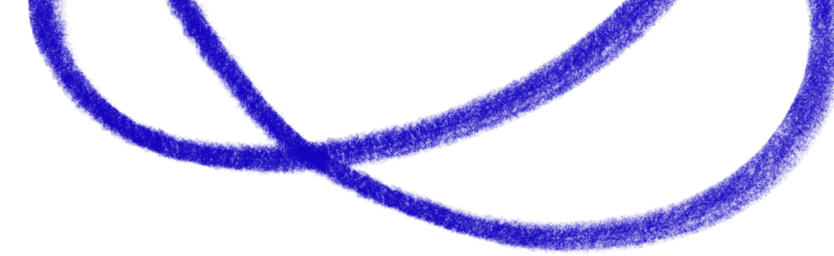
Loneliness

Learning from this, the importance of valuing family and friends help

Tensions within the home

Dealing with disharmony and conflict that can lead to anxiety.

School assemblies and workshops



Workshop 3

Handling stress and anxiety particularly at exam time

A 45-minute workshop designed to look at the effects of stress and anxiety and particularly that caused by impending exams.

- Stress and anxiety statistics among UK young people. The importance of good mental health
- Defining stress and why it affects you physically
- Physical and psychological symptoms of stress and anxiety
- Case study: my experience of severe stress and anxiety and how I learnt to manage it
- Exercises and self-help tips for managing stress and anxiety
- Dealing with exam stress

Workshop 4

Self-esteem and self-image

This 45-minute workshop deals with the core beliefs that effect our self-image and how it effects our mental health.

- What is self-esteem
- How you feel with healthy self-esteem
- The characteristics of low self-esteem
- Identifying and challenging core beliefs
- How our core beliefs effect our everyday interactions
- What we mean by self-image
- How self-esteem and self-image influence each other
- Five ways to build your self-esteem and self-image

Workshop 5

When anxiety leads to destructive behaviour

This 45-minute workshop deals with how anxiety can lead to destructive behaviour such as self-harm, eating disorders and drug or alcohol abuse.

Understanding anxiety and its negative effects

How and why anxiety leads us to behave in strange and sometimes destructive ways

Self-harm

What it is, it's psychological effect and reaching out for help

Eating disorders

Why they start, how they affect our lives and who we can turn to

Drugs and alcohol

Why it can be easy to turn to in times of anxiety, when it becomes a problem and the effect on our lives.

Each of these topics can be presented individually in a more in-depth workshop.

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Resilience for teachers and other support staff

This is a workshop for teachers to support their emotional resilience. Teachers are trained to look out for signs of mental distress in pupils but often don't have the time to consider their own mental wellbeing.

This 45-minute workshop delves into the issues of developing resilience and covers areas such as:

- **Defining resilience and why it is so important**
- **Understanding psychological theories of control and our mindset**
- **Developing a growth mindset**
- **Relaxation techniques to use in times of stress**
- **Expanding our coping strategies**

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Workshops for parents, school support staff and youth workers

Essential workshops for all parents and anyone who works with young people

As a parent or someone who works with young people, we often find ourselves ill-equipped when it comes to dealing with, or even being aware of a child's mental wellbeing. In order to help them, we first need an understanding ourselves of what we mean by mental health. Second, the tools to help our young person with any emotional difficulties.

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Workshop 1

Mental Health Awareness for parents and those supporting young people

In this first workshop you will learn more about mental health and recognise the symptoms of mental health issues in children and young people.

- Learn about some of the contributing factors to a child or young person developing mental health difficulties
- Understand some of the issues in Richmond including why we have the worst youth wellbeing scores in London
- Look at the contributing factors that can lead to poor mental health
- Have a closer look at the types of mental health issues
- Focus on anxiety and how you can support a child with anxiety
- Depression – the signs and how you can support someone with depression
- Eating disorders – when they develop and the signs to look out for
- Find places and resources that can provide support and advice

Workshop 2

Managing mental health difficulties in children and young people

This second workshop will help you to improve communication with your child and support them to build their own mental health resilience and will:

- Examine the pressures on young people
- Understanding self-harm and how to manage it
- What underlies eating disorders
- Managing aggression
- Supporting recovery
- Support young people to build resilience
- Understand the need for boundaries
- Developing your own toolkit and support resources
- Recognising the importance of your own wellbeing
- Where to get support

Parent Programmes

Richmond Borough Mind recently conducted research amongst young people, their parents and those working or interacting with young people, to understand the weaknesses and strengths in the current mental health support system, so that we can support young people in the best way possible.

This led to the development of a special parent programme.

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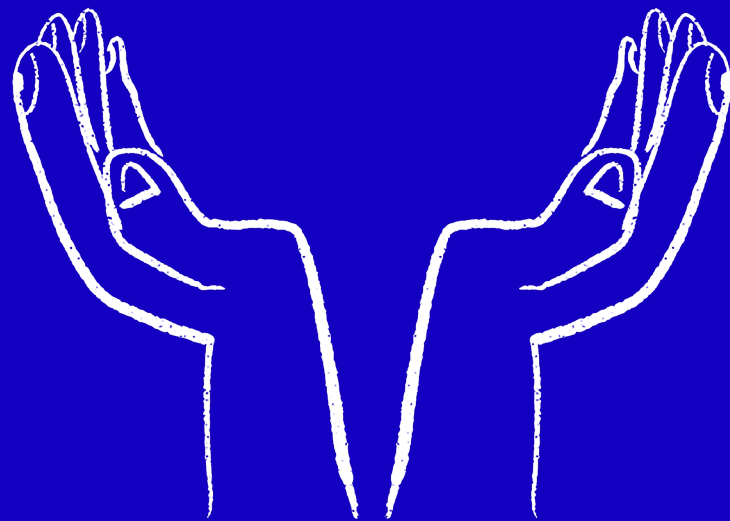
Resilience in Progress

This 5-week course has been co-designed with parents, young people and mental health professionals. It is the result of extensive research, interviews with service users and collaboration between staff. The course aims to help parents build up their own resilience as well as the resilience of their children and young people. Some of the topics covered are:

- Resilience and why it is important to mental wellbeing
- How the brain works
- What factors contribute to our psychological development
- Emotions
- Polyvagal theory and how it can enhance our resilience
- Listening skills

The course will teach parents exercises for managing emotions, becoming more resilient and looking after the self. There is an emphasis on learning from each other too so parents are encouraged to share and be open with one another.





Parent Support Programme

The parental support programme is designed to support parents/carers of young people (11-16 years), who are on a CAHMS waiting list and assessed as requiring treatment. The programme runs for eight weeks and is delivered via group workshops, and one to one support for parents to address some of the social determinants.

Mental health professionals provide psychoeducation and broad strategies for supporting young people as well as a peer support element.

Combining clinical expertise, social support and local links the programme focuses on the following:

- Providing psychoeducation about young people's mental health to parents/carers
- Providing broad strategies and guidance to parents/carers on how to support their young person who is struggling with their mental health
- Reducing parental distress and improving their resilience and wellbeing so that they, in turn, are better able to support their young person while they wait for treatment
- Offering support through peer group interactions
- Offering signposting/social prescription for further support where needed
- Providing parents with support at a time that they experience concern and distress about their child's mental health difficulties

This project is a collaboration between **Brandon Centre** and **Mind in London**; integrating Mind's local networks and considerable experience in addressing the social determinants, with Brandon Centre's clinical expertise and experience. Brandon Centre has been supporting young people and their families for over 50 years. With a reputation for high-quality services and many years of delivering parent programmes, Brandon Centre is contributing its clinical expertise and experience to the delivery of this project.

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Other services from Richmond Borough Mind

Reach

Offers three stand-alone courses to support 14-18 year olds.

Each course provides support for young people who are struggling with a particular aspect of their mental health. The focus is on providing young people with the tools and knowledge to help support themselves and develop healthy ways to manage their difficulties. All three courses focus on building resilience and setting personal goals that can be broken down into manageable steps.

Reach aims to provide the tools for young people to look at the positives in their lives and boost their self-esteem. Each course runs for 2 hours a week over a six-week period and can take place in school (if the school has enough candidates), or in a community venue.

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Anger awareness

This course encourages young people to recognise what triggers their anger, helps to identify feelings and emotions that cause frustration and anger to build. It also offers alternative ways of reacting in times of conflict. Topics typically covered include:

- Self-awareness
- Self-esteem
- Relationships
- Communicating skills
- Problem solving

Anxiety management

Provides young people with knowledge and understanding of the physical and emotional reactions to stress and anxiety. Valuable tools are taught to help manage anxiety including relaxation and breathing techniques. Topics covered include:

- Physical responses to anxiety
- Worries
- Practical relaxation methods
- Problem solving
- Fight or flight response

Low mood and self-esteem

Looks at character strengths and abilities, underlying core beliefs and increasing motivation. Participants will gain skills and knowledge to support positive thinking and healthy coping strategies. Topics covered include:

- Self-esteem
- Relationships
- Stress and depression
- Self harm
- Bullying
- Body image
- Problem solving