



Mental Health

Feedback



Feedback

- Over the past few weeks we have covered a number of topics that were designed to support pupils with understanding what Mental Health is and to try and '*kick the stigma*'.
- We now need your help in reporting back to MIND by giving them feedback to support their programme in providing the best possible recourses for young people and adults.

Feedback

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- Just to recap here is a list of topics that you should have covered with your form tutor;
 - ***7/11 Breathing***
 - ***Checking In***
 - ***What makes a good Listener?***
 - ***Listening to others***
 - ***Recognising how you feel***
 - ***Inner Selfies***
 - ***What is Mental Health?***
 - ***Looking after your Wellbeing***



Feedback

- Before starting the short questionnaire have a quick think about how much you know now that you didn't before.
- Are you more comfortable talking about Mental Health?
- Are you more knowledgeable of what you can do to help yourself and others?
- Do you know what to do to promote good mental health?
- The questions are short and all we ask is that you **answer honestly** in order to provide the best possible feedback.





Feedback

- Once the questionnaires have been given out your tutor will be there to help you understand what the questions are asking or to make clear any vocabulary that confuses you.
- There are no right or wrong answers when you are giving your opinion
- Remember please **be honest**
- Make sure they are **your** opinions
- Do not put your name on the questionnaire
- Rest easy your honest opinions will be treated in strictest **confidence**

Feedback

- Thanks everyone your opinions are very much appreciated
- This is not the end of the road
- Please think about how we can further develop our whole school Mental Health programme
- What would you like to see or experience in order to make school a happier place to work and play?
- What extra support can you think of that may be part of our future plans?





Feedback

- Perhaps it would be a good idea for your form to write down all your suggestions and hand it to your head of year.
- Thank you everyone for your support.