



Mental Health

All our business



Mental Health

- 'All our business' because we should be looking after ourselves and each other.
- If we truly care or love our friends then we should be making sure they are in a good place each day, if they are not then being there for them is one of the best things you can do.
- Don't forget you as well. Take time to invest in the good things and ensure you are doing everything you can to be in a good place too; eating correctly, exercising, sleep, having fun, hobbies, being around good people, music, film, book, dance..... what ever 'floats your boat'.
- Talk to your partner about what you like doing to practice healthy habits.

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When someone asks you 'How are you?' do you give them an honest answer or tell them 'I'm fine'?

How many people do you confide in and tell them how you 'really' feel.

How often do you 'cover up' and try to be someone different?

How often do you look for someone or something to help you?

- <https://youtu.be/IJxXqsv8Zc>
- 'I'm fine' (2 mins 30 secs)
- Once you have watched the clip share a few moments with the person next to you about how you are feeling this week.
- What are you positive about?
- What are you worried about?

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Once you have watched the clip think about the following;

- When do you struggle the most and need someone's help?
- What things in life concern you the most?

- <https://youtu.be/AcV10oWZMzU>
- 2 mins
- Time to Change



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Connections

Talk to your partner;

- In times of need who do you turn to for help?
- Who do you confide in?
- Who or what helps you when times are tough?

Adult, friend, pet, teacher, relative,
music, reading, exercise.....

- <https://youtu.be/B4ZxMECJobo>
- Good relationships 2 mins



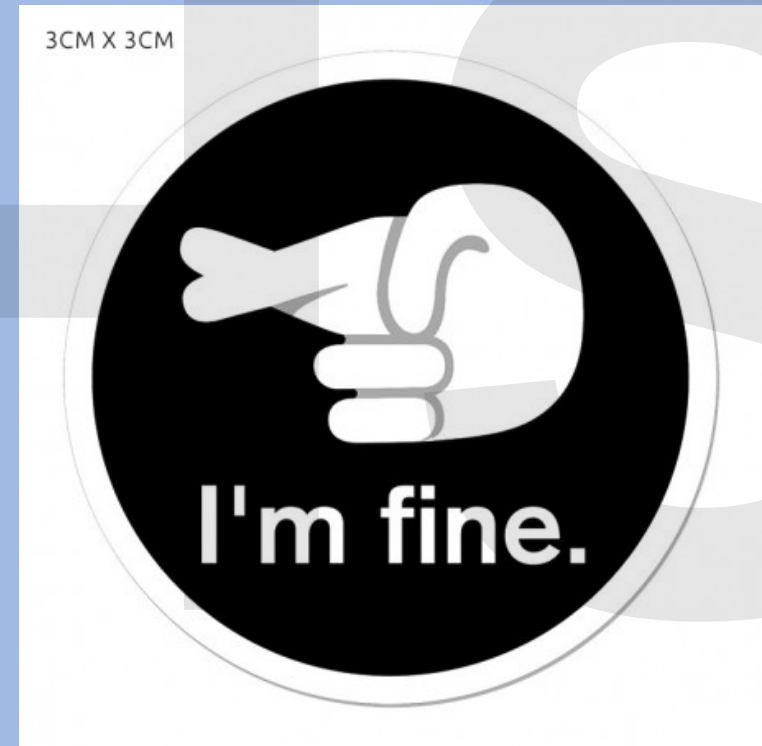
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After watching the short film can you remember the personal issues to the girl is experiencing?

Bottling up your emotions is not a healthy way of finding answers or a way forward.

By talking to your partner suggest ways the girl may start to feel better about herself and have a more positive outlook.

- https://youtu.be/8g_kA2soW0o
- 2 mins
- I'M OK



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- **THE IMPORTANT BIT**

- On the right hand side are comments from some young people in the UK describing personal experiences of their schools.

Does this sound like St Joseph's?

What do we do well at St Joseph's?

What can we do to make things better?

- Take time to talk to your partner and think of five things you would suggest we can start doing or do better to support our pupils with their Mental Health.
- Let your form tutor know your form's answers so they can write them down and can pass this on.

- *'My school had a good ethos of being able to speak to your form tutor or head of year when things got tough. However, it felt like you were wasting their time if you went and you were not in crisis.'*
- *'There was little discussion of mental health within the classroom, and little support for people just going through the mill of teenage development and emotions.'*
- *'Myself and my friends learnt about mental health on social media sites and probably learnt some poor coping mechanisms through these sites.'*
- *'We had each other for support, but there were times were we desperately needed more and we were unaware of who or where to turn to.'*



**Talk
About It**

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- With your help and the involvement of others outside of St Joseph's we are going to try and improve the support our community gets regarding Wellbeing and Mental Health.
- We want to make a difference so please pass on your thoughts and suggestions to your form tutor.
- We can not improve things over night but we can start making small changes and create change together.