

WORLD MENTAL HEALTH DAY · 10 OCTOBER

Real voices, real change.

Lived experiences heard: why listening to people who have been there can change everything.





THEME: **"Come to Me and Rest"**

Sign of the Cross

**Yn enw'r Tad a'r Mab, a'r
Ysbryd Glan, Amen**

Today, we take a few moments to think about our mental health and wellbeing. Just as we care for our physical health, it is important that we look after our minds, emotions, and relationships. We all experience times when life feels challenging, but we are reminded that God is always with us and that there are people around us who care and want to help.

Isaiah 41:10

Scripture

"Do not be afraid, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you."

Reflection

Mental health affects everyone. Some days we feel confident, positive, and motivated. Other days we may feel anxious, stressed, disappointed, or lonely.

This reading reminds us that God does not promise a life without difficulties. Instead, He promises that He will be with us through them. We are also called to be God's presence for one another through acts of kindness, encouragement, and friendship.

Think about:

- Is there someone who might need a kind word today?
- Am I looking after my own wellbeing through rest, prayer, exercise, and talking to trusted people?
- Do I know who I can turn to if I am struggling?
- Seeking support is not a sign of weakness. It is a sign of strength and wisdom.

Pause for Reflection: Let us take a moment of silence.

- Think of someone who helps and supports you.
- Think of someone you could support this week.
- Ask God for strength, peace, and hope.

(30 seconds silence)

Closing Prayer

Loving Father,

Help us to remember that we are fearfully and wonderfully made, each with unique gifts and talents. Give us strength when life is difficult, peace when we feel anxious, and hope when we feel discouraged. May our school be a place where everyone feels valued, respected, and loved. We ask this through Christ our Lord. Amen.

Mission for the Day

- "Be the reason someone feels supported today."

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



Before we begin



A respectful space

We listen. We never judge or joke about anyone's experience.



Feelings are OK

If something today feels close to home, that is normal.



Help is here

Talk to any adult you trust — today or any day.



What is World Mental Health Day?



Every year on 10 October first marked in 1992



Started by the World Federation for Mental Health



Supported by the World Health Organization (WHO) and groups worldwide



A day to talk, to learn and to act — together.

What is World Mental Health Day?



World Mental Health Day is celebrated every year on **10th October**.
The theme is set by the World Foundation of Mental Health.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

THIS YEAR'S THEME

Lived experiences heard: real voices, real change

- 1 Listen to people who have been there
- 2 Take their ideas seriously
- 3 Make change together



What is 'lived experience'?

“

What someone knows from going through something themselves — not just from reading or hearing about it.

— *adapted from the World Health Organization*

Think: what do you understand because you have lived it?



Two kinds of expert



Learned expertise

Doctors, nurses, psychologists and researchers. Knowledge from training and study.



Lived expertise

People who have experienced mental health conditions. They know what it is really like — and what helped.

The best support listens to both.

How common is it?

1 in 5

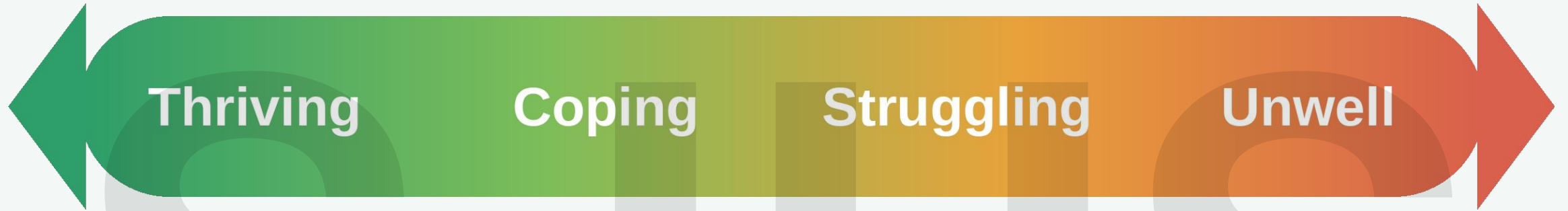
children and young people aged 8–16
in England had a probable mental
health condition in 2023.

**In a class of 30, that is about six
people.**



2 in every 10 young people

We all have mental health



- We can all move along this line — in both directions.
- Like physical health, it changes — day to day, year to year.
- Wherever someone is on the line, they deserve to be listened to.

Starter

Discuss - The theme for this World Mental Health Day resource is 'Lived experiences heard: real voices, real change'.

When someone says "I want to be heard", what might they actually mean?



<https://www.youtube.com/watch?v=DxIDKZHW3-E>



Stigma: the silence problem

Stigma = negative attitudes that make people feel judged, ashamed or afraid to speak up.



**People hide how
they feel**



**People wait
longer to get
help**



**Voices go
unheard**

Words matter

Instead of...

“He’s a psycho.”

“I’m so OCD about my desk.”

“Just get over it.”

“She’s attention-seeking.”

Try...



“He’s going through a hard time.”



“I like my desk tidy.”



“I’m here if you want to talk.”



“She might need some support.”

Myth or fact? Hands up!

- 1 Mental health problems are rare. ?
- 2 Talking about feelings makes things worse. ?
- 3 People can recover from mental health conditions. ?
- 4 You can always tell when someone is struggling. ?

Myth or fact? The answers

MYTH

They are common — around 1 in 5 young people.

MYTH

Talking to someone you trust is a powerful first step.

FACT

With the right support, many people recover and live well.

MYTH

Many people hide it — that is why asking matters.

How to really listen



Notice — changes in mood, habits or friendships.



Ask twice — “How are you... really?”



Listen, don't fix — let them talk, no judging.



Find support — help them talk to a trusted adult.

You don't need all the answers — just the willingness to listen.



What would you do?

Your friend has gone quiet for weeks and stopped sitting with you at lunch. They say: “I’m fine — just tired.”

- A** Leave it — they said they’re fine.
- B** Ask again, privately: “Want to talk?”
- C** Post in the group chat that you’re worried.



Task

If we were talking to someone about their mental health experiences how could we demonstrate that we were really listening? What would be unhelpful things to do?

- Ways to show you are really listening.
- Things that show you are not really listening.



Helpful

unhelpful



SUHS

Listening Skills



Task Feedback - Listening Strategies

Unhelpful

-  Looking at your phone or being distracted.
-  Interrupting or talking over them.
-  Dismissing their feelings: "It's not that bad."
-  Judging or criticising them.
-  Making assumptions about how they feel.
-  Rushing them to finish.
-  Immediately giving advice when they haven't asked for it.
-  Turning the conversation into a story about yourself.
-  Making jokes about what they have shared.
-  Pressuring them to give details they don't want to share.
-  Comparing their problems with someone else's: "Other people have it much worse."
-  Promising to keep everything secret when someone may be at risk.

Helpful

-  Give the person your full attention.
-  Use eye contact and positive body language.
-  Give them time to speak without rushing them.
-  Avoid interrupting or finishing their sentences.
-  Ask open questions, such as "How did that make you feel?"
-  Repeat or summarise what they have said to check you understand.
-  Show empathy: "That sounds really difficult."
-  Keep an open mind and avoid making assumptions.
-  Let them use their own words to describe how they feel.
-  Ask what they need rather than immediately telling them what to do.
-  Respect their privacy, while remembering that serious concerns may need to be shared with a safe adult.

Your voice in our school

Real change starts here.



Student voice

Council, form reps,
ambassadors



Share your ideas

Surveys and suggestion
boxes



Look out for others

Tell an adult if you are
worried



Five Ways to Wellbeing



Connect

Time with
people who
matter

Be active

Move in a
way you
enjoy

Take notice

Pause and
notice the
moment

Keep learning

Try
something
new

Give

A kind word
or act

Where to get help



In school

Your form tutor, Head of Year, SLT — or any adult you trust.

Childline

0800 1111

Free, any time

Samaritans

Call 116 123

Free, any time

Shout

**Text SHOUT to
85258**

Free, any time

Emergency

**Call 999 or go to
A&E**

If in danger

ONE MINUTE OF QUIET

**Think of one person you
could check in on this week.**

I will listen.

I will ask twice.

I will speak up.

Real voices. Real change.