

Mental Health Disclaimer

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You and your students should not rely on the material included within this resource and we do not accept any responsibility if you or your students do. As mental health is complex, you should undertake proper and relevant training before teaching on mental health. These resources are intended to support you once you have received such training. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their mental health. When using this resource, you are responsible for the safety of those involved with using this resource, including staff and students. It is up to you to follow your school or organisation's safeguarding policies and procedures should your use of this resource raise anything covered by the policies or procedures.

Whole School Mental Health

Aim:

- To explore what mental health is, how we can look after our mental health and how we can get help and offer support to others during trickier times.

You will need:

- [Mental Health Assembly Pack](#)

Special Considerations:

This session covers issues, thoughts, feelings and emotions associated with mental health difficulties. Please consider prior to the assembly any children for whom this topic may be sensitive and how you will manage this.

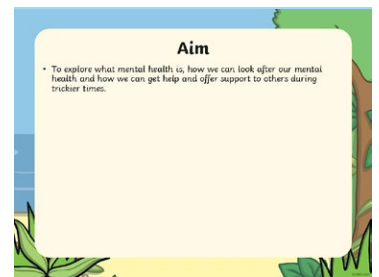
Slide 2: Title Slide

Welcome the children and introduce the theme of the assembly by drawing their attention to the images on the title slide.



Slide 3: Aim

Share the aim of the assembly. If using this assembly on World Mental Health Day, explain the day is about raising awareness of mental health and its associated issues.



Slide 4: What Is Mental Health?

Ask the children to think about what mental health means to them. Invite a few children to share their thoughts. Reveal the images and text on the slide to explain that mental health is all about the feelings and thoughts that we have and that it can affect our behaviour and the choices we make.



Slides 5 and 6: How Can We Look after Our Mental Health?

Explain that there is a lot we can do in our daily lives to look after our mental health. Ask the children to look at the images as they appear to identify what we can do to help look after our mental health. Invite the children to share the strategies they spotted (exercise, have a balanced diet, drink plenty of water, get enough sleep, talk about our feelings with someone we trust, ask for help when something is troubling us, make sure we have time each day to be calm and quiet, spend time doing something we love, spend time outside, be creative, spend time with people who make us smile, help and be kind to others, remember we are valuable and worthy just the way we are, limit our time watching TV, on social media, the Internet and electronic devices).



Slide 7: It's OK Not to Be OK

Explain that we all experience uncomfortable feelings and that this is OK. Ask the children to think of and share any uncomfortable feelings that, as humans, we might experience. Direct the children's attention to the illustrations to act as a thought prompt.

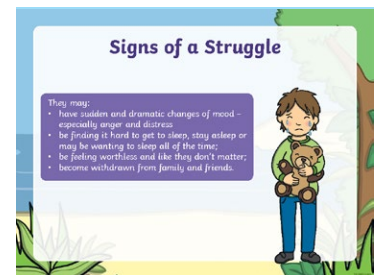
Highlight that, sometimes, people struggle to manage and cope with uncomfortable feelings – they struggle with the health of their mind, their thoughts and their feelings. They might also behave in a way which hurts themselves or others.



Slide 8: Signs of a Struggle

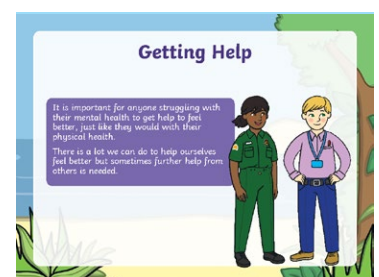
Explain it is important that we can spot the signs of mental ill health so we can act.

Show the children the images, words and phrases which highlight the signs someone might be struggling with their mental health (constant anxiety which interferes with daily life, loss of interest in engaging in life, being sad and irritable for a long time, sudden and dramatic changes of mood – extreme distress and anger, persistent changes in sleeping patterns, feeling worthless, becoming quiet and withdrawn – regular self-isolation).



Slide 9: Getting Help

Explain that it is important for anyone struggling with their mental health to get help to feel better, just like they would with their physical health. Highlight that struggling with mental health is nothing to be embarrassed about and that there are lots of people who can help. Reveal the bullet points to explain how to get help when struggling with mental health.



Slide 10: Offering Support

Ask the children to share how it feels when someone helps them with something they are finding tricky. Explain that it feels good to give and receive help and that it is just the same when people are struggling with their mental health. Reveal the bullet points to explain how to offer support to people struggling with mental health.



Slide 11: Reflection

Explain that being kind to all people helps us and them feel good on the inside and this can positively affect people's mental health. Show the image of kindness on the slide and ask the children to reflect quietly on it and the given question.



Slide 12: Ending Slide

Display the images and ending thought as the children leave the assembly.

