



Working with schools to improve
children's mental wellbeing

Who is Lancashire Mind?

We're a local, independent mental health charity working for the people of Lancashire

Lancashire Mind's vision is Mental Wellbeing for All

We can't achieve our vision alone; working in partnership is essential. We believe schools are amongst the best placed to spot signs that a young person might be experiencing poor mental health.

Our experienced staff, some from the education sector, are passionate about making a difference to the mental health of children and young people. It's vital we work with schools to do this.

Why is it important to support children and young people with their mental health?

1 in 8

Right now, 1 in 8 young people are experiencing poor mental health

50%

50% of all mental health conditions develop before the age of 14

7/10

For every 10 young people with a mental health condition, 7 didn't receive enough help at an early age

We work with children from an early age to help them to understand their mental health, to build their resilience and improve their wellbeing. This means they are more likely to navigate life's ups and downs whilst remaining mentally healthy, reducing the likelihood of developing a mental health condition.



What do we offer?

We offer a range of unique interventions that we deliver in both primary and secondary schools

Happier Lancashire sessions

Our interactive session centres on the evidence-based **Five Ways to Wellbeing**:



It is light-hearted and fun, demonstrating how children (and school staff!) can live a happier and healthier life by following these daily actions.

Happier Lancashire is delivered **free of charge** to demonstrate our commitment to achieving Mental Wellbeing for All across Lancashire.

"It was absolutely brilliant. The information was clear and age appropriate for children to be able to understand. I have recommended you to some of my colleagues in other schools"

Blackburn

Bounce Forward

We all face challenging times throughout our lives. How these experiences impact our mental health and wellbeing depends on how resilient we are. If children are supported to understand their mental health and know how to build their resilience, they are more likely to be able to remain mentally healthy.

Bounce Forward is a preventative programme based on a resilience framework co-designed with young people. It teaches children about resilience and helps them to develop practical coping strategies to increase their ability to bounce forward in tough times.

"It has inspired and refreshed our ideas for delivering such a curriculum. We are going to continue to reinforce resilient moves taught across school"

Bradley Primary School, Nelson

Wellbeing Challenge

Wellbeing Challenge is an evidence-based programme that strengthens school communities by providing children and young people with the structure and support to design and implement social action projects to tackle the wellbeing issues that matter to them.

We work with students to empower them with skills to self-care, support the wellbeing of their peers, and improve the wellbeing of the wider community. This creates resilient schools and reduces the number of children experiencing poor mental health.

"It has been really empowering for students to learn how to look after their own wellbeing, share their experiences, and provide support to their peers"

Carr Hill High School, Kirkham

1:1 wellbeing coaching/small group work

To respond to the needs of individual young people, we offer bespoke support in the form of 1:1 and small group work. We help them to explore challenges such as confidence, self-esteem, relationships with peers, etc. We work with young people to develop coping strategies, giving them tools and techniques to improve their wellbeing.

Training and development for school staff

Research from Mind confirms that, on average, poor mental health in the workplace costs between £1,205 and £1,550 per employee with 12.5 million working days lost due to stress, anxiety and depression.

It is vitally important that school staff are supported with their wellbeing to ensure they can support children and young people with theirs. We offer a range of workplace wellbeing interventions, supporting the Senior Leadership team and school staff to better understand and manage mental health.

As well as supporting staff to better manage their own wellbeing, we offer courses that can help you to better recognise and understand the mental health needs of children and young people.

“The training helped to highlight different strategies that I can use in my work and home life, as well as passing them onto the young people”

College Tutor, Preston

For further information on any of our services please contact us.



How can this benefit my school?

Our interventions boost children's resilience and mental wellbeing

This can help them to learn to understand and manage their emotions, which in turn leads to increased aspirations, improved behaviour, better relationships and reduced bullying.

Health and relationship education is now an integral part of the school curriculum. All our programmes will contribute to your PSHE curriculum; evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils.

PSHE education makes a significant contribution to whole-school assessments under the Ofsted Common Inspection Framework.

Overall, we can help you to achieve a happier and healthier school community. We try to attract funding to allow us to provide our interventions at low or no cost to the recipient. There may be opportunities for your school to benefit from this, contact us to find out more.



Lancashire Mind is an independent charity, based in Chorley and working for the people of Lancashire. We're a member of the Mind Federation, which is led by England and Wales' leading mental health charity, Mind.

Registered charity number: 1081427

Published April 2020

Web: www.lancashiremind.org.uk

Phone: 01257 231660

Email: admin@lancashiremind.org.uk

Connect with us on social media:



 **mind** | Lancashire
for better mental health