

Building our network of support



Peer
Education
Project

Lesson



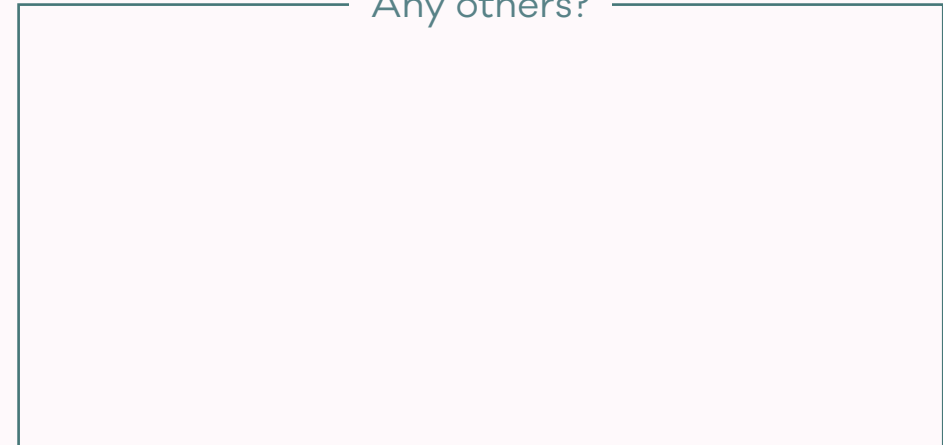
Mental Health
Foundation



We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.
4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

A large, empty rectangular box with a thin teal border, intended for additional input or questions.

Being in the moment



SLIDE 3



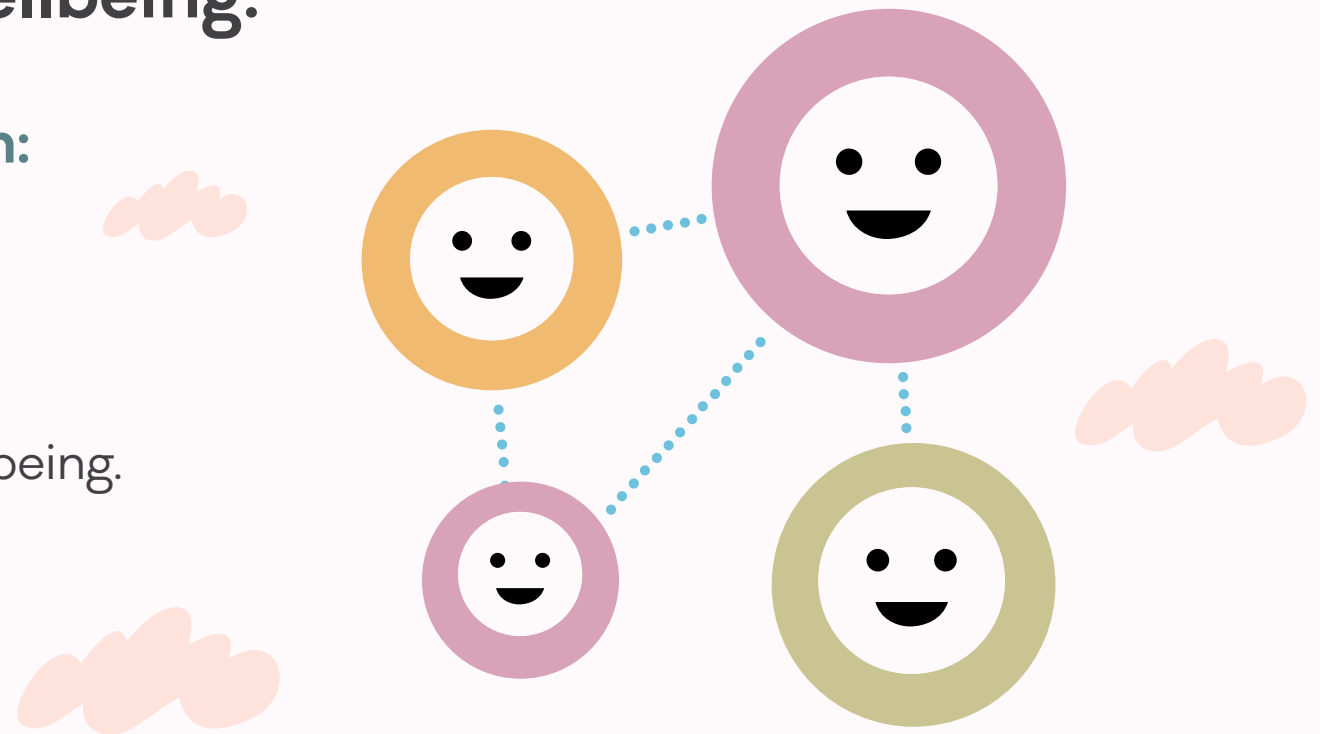
CONNECTIONS



Connecting with others is an important way to support our mental health and wellbeing.

A positive support system can:

- provide a sense of belonging.
- reduce stress.
- Improve overall health and wellbeing.
- Provide emotional support.
- Improve self-esteem.



Introducing the topic



SLIDE 6



Supportive actions:

- Offers you a hug.
 - Talks about other topics to distract you.
 - Offers their advice.
 - Leaves you alone.
 - Encourages you to speak to an adult.
 - Listens to you and what is going on.
- Brings you something of comfort, like your favourite snack.



Introducing the topic



SLIDE 8

Top 3 actions:



Reflecting on the learning



SLIDE 9

**One thing I
have learned.**

**One thing I will
do differently.**

**One question
I would like an
answer to.**

Reflecting on the learning



**One thing I
have learned.**

SLIDE 10

Reflecting on the learning



**One thing I will
do differently.**

SLIDE 11

Reflecting on the learning



**One question
I would like an
answer to.**

SLIDE 12

Lesson summary



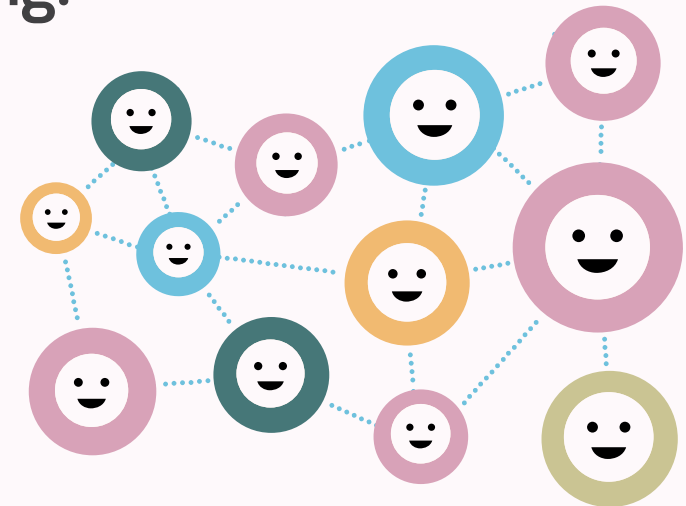
SLIDE 13

Connecting with others is an important way to support our mental health and wellbeing.

Through the experiences we have and the interactions with others, we begin to build our support network.



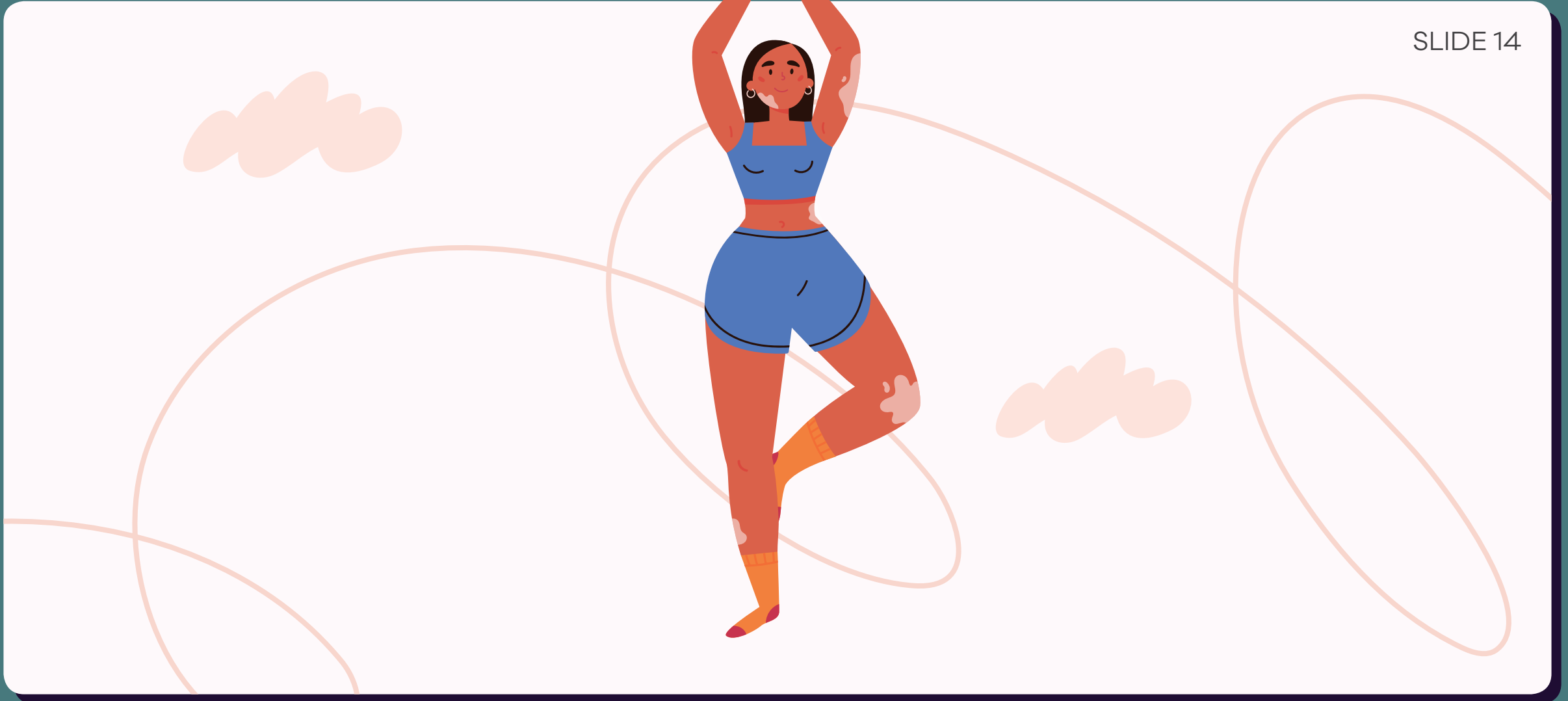
A person's support network will be individual to them, and can provide many benefits including improving self-esteem and providing a sense of belonging.

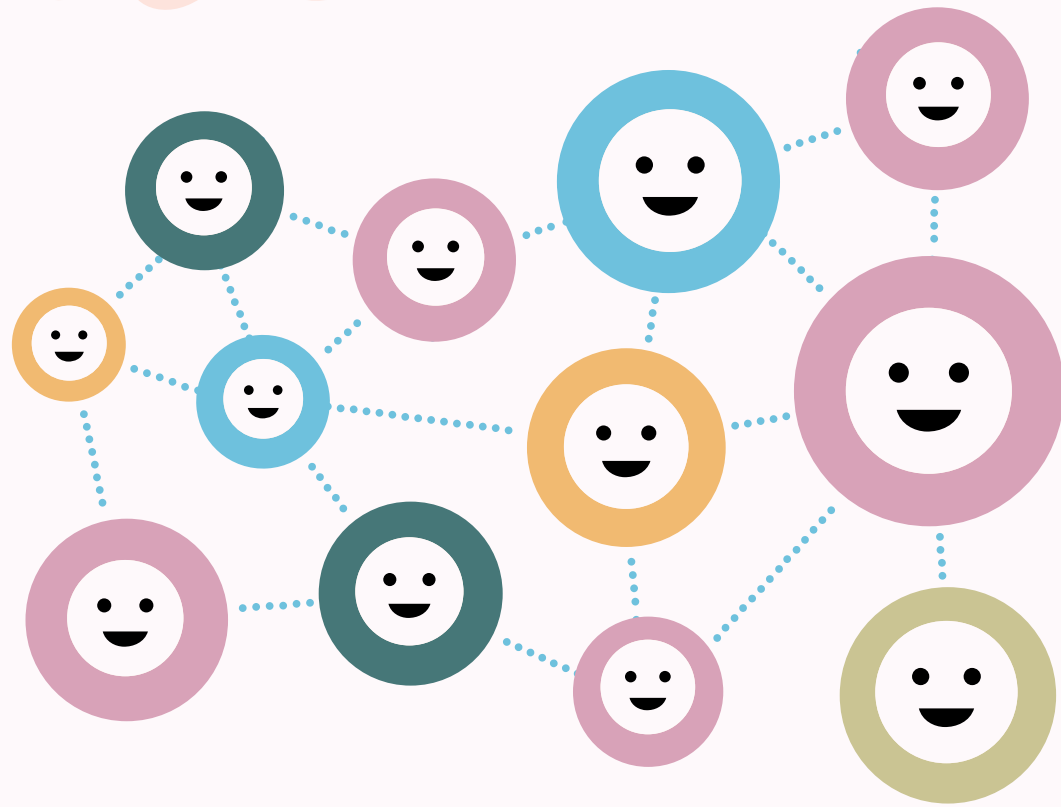


Being in the moment



SLIDE 14





Mental Health Awareness:

Building our

network of

support

Taking action



SLIDE 16

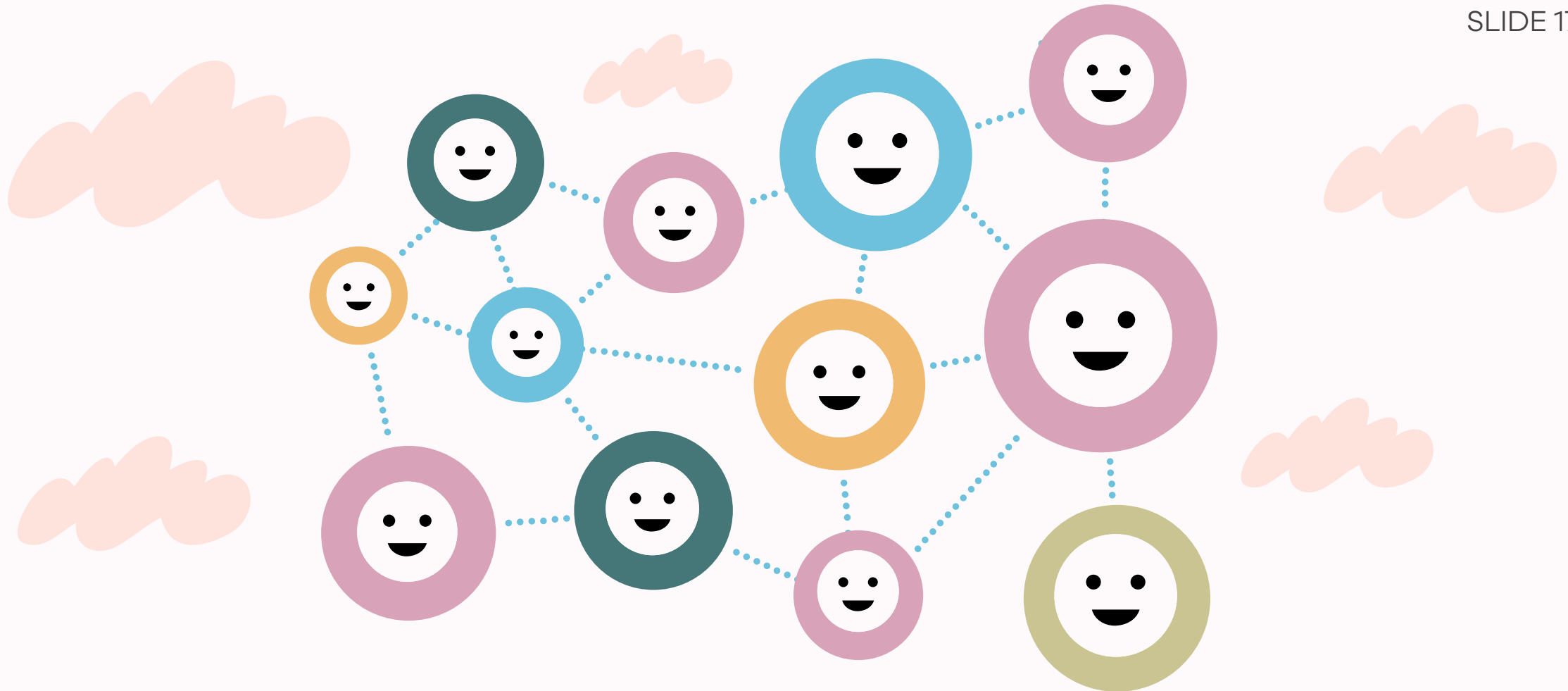
- What can you say or do to support someone in the moment?
- What can you say or do over a longer period?
- How can you look after yourself when supporting a peer?
- When is support from a trusted adult needed?



Challenging thinking



SLIDE 17



Challenging thinking



SLIDE 18

**“What are the benefits
and challenges to building
a positive support
system?”**

Challenging thinking



SLIDE 19

**What are the
barriers to asking
for support?**

Challenging thinking



SLIDE 20

How can pupils be encouraged to ask for help with their mental health and wellbeing?