



Creating a mental health and wellbeing toolkit



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?

Being in the moment



SLIDE 3



Introducing the topic



SLIDE 4

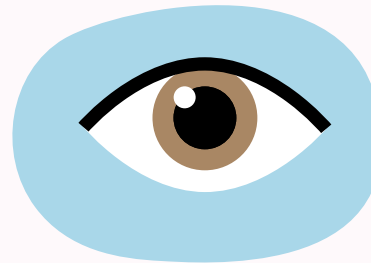
**BE
ACTIVE**



**KEEP
LEARNING**



**TAKE
NOTICE**



GIVE



CONNECT

Building connections



SLIDE 5

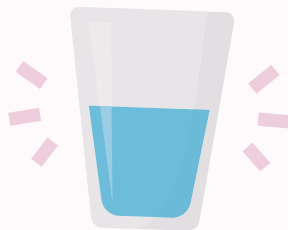


If I have a headache, I could...



In the moment:

- Drink some water
- Tell someone
- Take a painkiller, if advised to



Afterwards:

- Take a nap or go to bed early
- Reflect on what may have caused the headache



In the future:

- Carry a water bottle, taking regular sips throughout the day
- Take regular screen breaks
- Speak to someone if feeling stressed

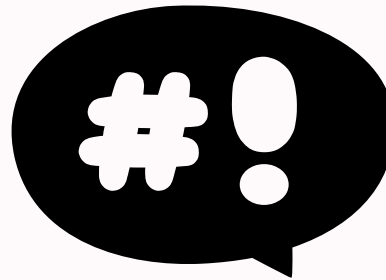
Introducing the topic



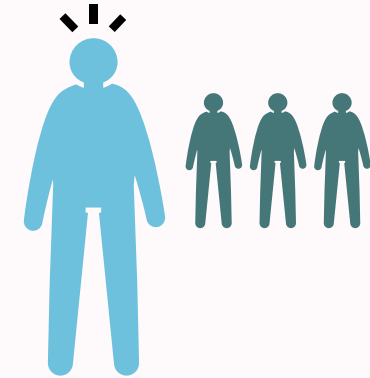
SLIDE 7



If I feel anxious
about an exam, I
could...



If someone is
saying mean things
to me, I could...



If I feel lonely,
I could...

Introducing the topic



SLIDE 8

If I feel anxious about an exam, I could...



In the moment:

Afterwards:

In the future:



Introducing the topic



SLIDE 9

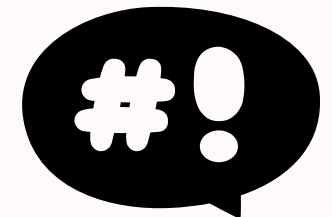
If someone is saying mean things to me, I could...



In the moment:

Afterwards:

In the future:



Introducing the topic



SLIDE 10

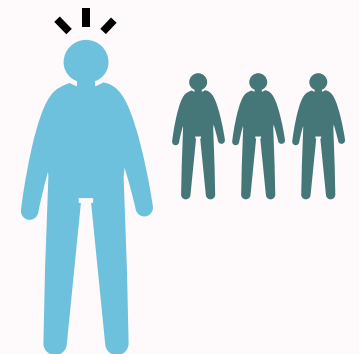
If I feel lonely, I could...



In the moment:

Afterwards:

In the future:



Learning through activity

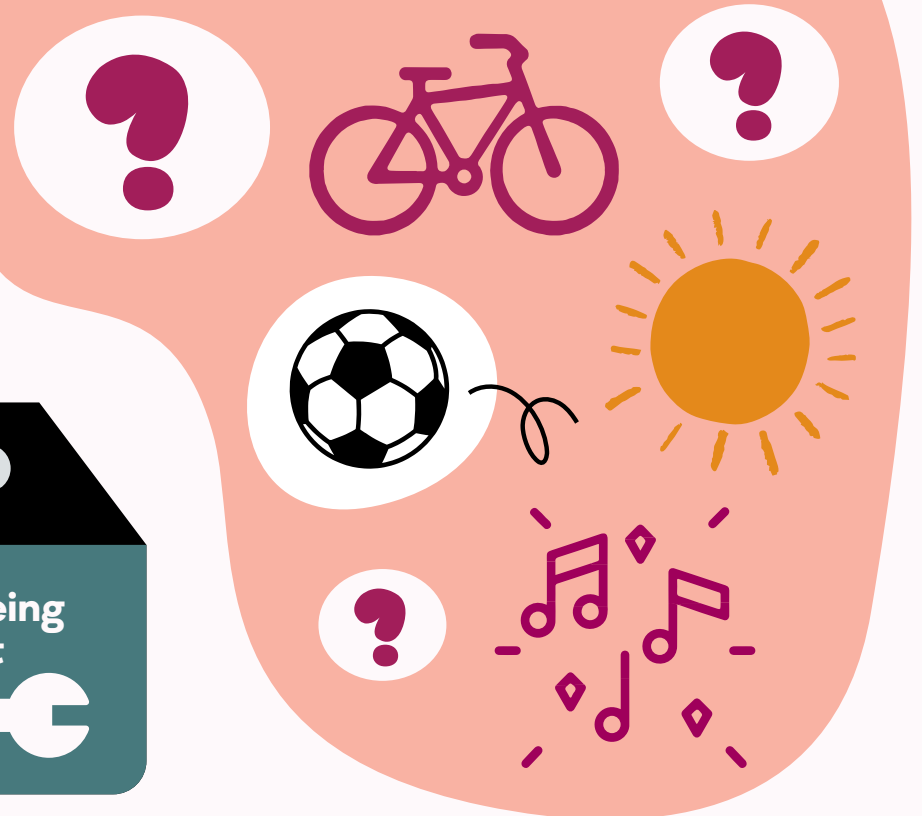


SLIDE 11

RIGHT NOW



LATER



Reflecting on the learning



SLIDE 12

**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 13

Reflecting on the learning



**One thing I will
do differently.**

SLIDE 14

Reflecting on the learning



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

SLIDE 15

Lesson summary



SLIDE 16

Mental health is something we all have. It consists of our thoughts, feelings, moods and behaviours.

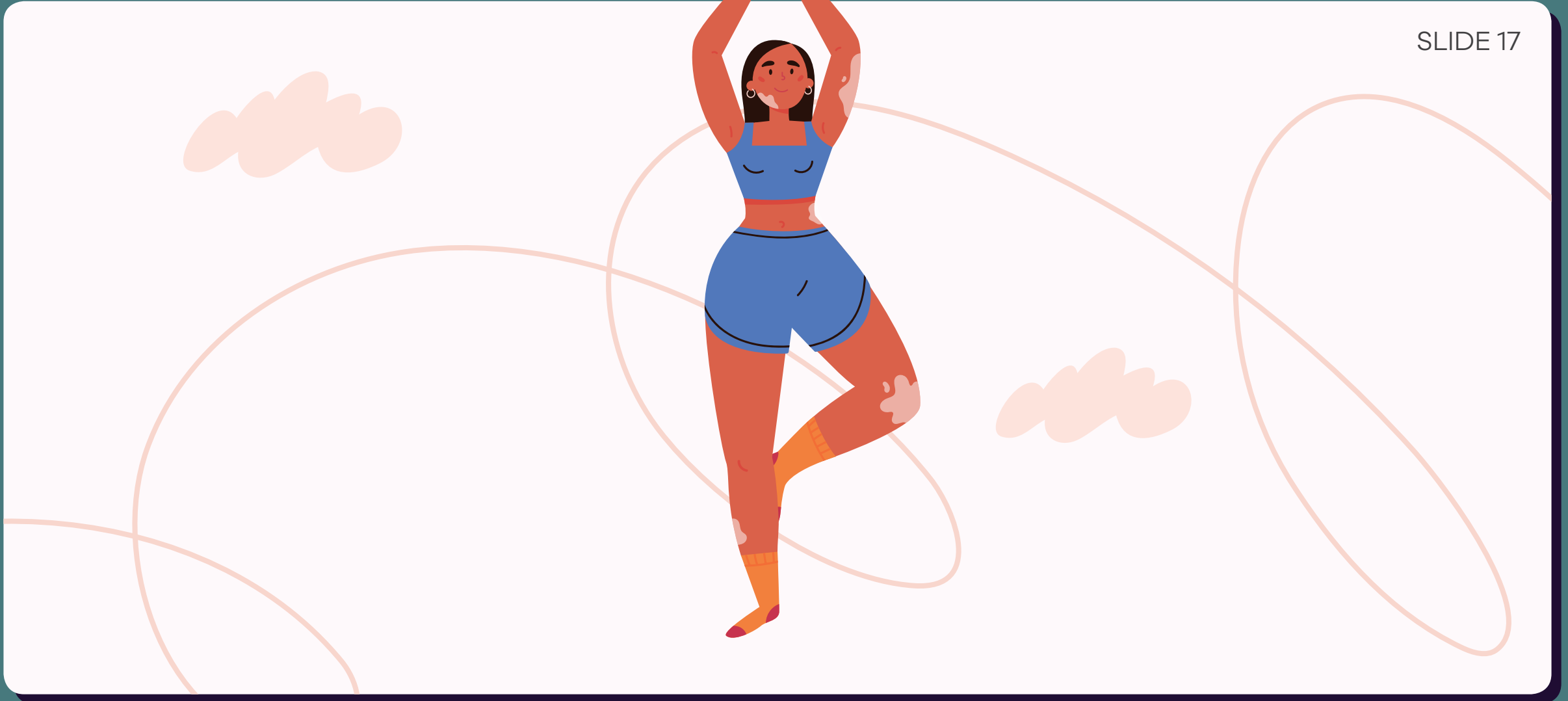
It is important to have support in place when we are not feeling our best. The support we need in the moment, afterwards and in the future will be individual to us and depend on the situation we are in.



Being in the moment



SLIDE 17





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Taking action



SLIDE 19

RIGHT NOW

LATER



Challenging thinking



SLIDE 20

How can someone safely navigate social media to look after their mental health and wellbeing?

