

## Slough Schools Mental Health Workshops

Buckinghamshire Mind has been awarded funding to deliver **FREE** mental health awareness workshops across 10 schools in Slough, during the academic year commencing September 2020.

We are offering this free package to schools without a Mental Health Support Team.



If you are interested in taking part in this project or would like to find out more information, please email [alice.moody@bucksmind.org.uk](mailto:alice.moody@bucksmind.org.uk).

### Our package:

- 5x workshops (2-hours) for students, with a choice from a range of mental health awareness topics
- 'Youth Mental Health Aware' online course (4 hours)  
**4 members of staff can attend**, virtual training
- 2x staff workshops (2-hours) supporting staff mental wellbeing

