

## World Mental Health Day 2021 – Resource Pack

**World Mental Health Day Week 2021** takes place on Sunday 10<sup>th</sup> October but many are celebrating the day on Friday 8<sup>th</sup> October. This year's theme is **Mental Health in an Unequal World**. Below are links to resources to promote the mental wellbeing of staff and pupils for use in PSHE lessons, class/tutor time, assemblies and for targeted support on World Mental Health Day and beyond. The resources are all produced by reputable organisations but the School Health & Wellbeing Project has not assessed them so please review your chosen resource(s) before use to ensure they are suitable for your pupils and/or staff.

### **Links to the RSHE curriculum:**

- ∞ That mental wellbeing is a normal part of daily life, in the same way as physical health.
- ∞ The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- ∞ Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.

### Mental Health Foundation – World Mental Health Day updates and resources

The Mental Health Foundation are the lead agency in the UK for World Mental Health Day. This year the theme is Mental Health in an Unequal World. Resources are now available here:

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>

### Safer Schools – Emotions Journal

Safer Schools have produced a downloadable Emotions Journal designed to build the emotional intelligence and resilience of children and young people, offering them the opportunity to reflect and process their emotions and providing a healthy way to express these feelings. Click the link below to download a copy of the journal.

<https://oursaferschools.co.uk/2020/10/07/emotions-journal/>

### Anna Freud Centre – World Mental Health Day toolkit

Two toolkits - one for primary schools, one for secondary schools & FE settings - full of resources for students and staff for Mental Health Awareness Week 2021:

[https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm\\_source=mhs&utm\\_medium=newsletter&utm\\_campaign=mhaw21&utm\\_content=primarytoolkit](https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm_source=mhs&utm_medium=newsletter&utm_campaign=mhaw21&utm_content=primarytoolkit)

### Young Minds – #HelloYellow2021

#HelloYellow2121 takes place on Friday 8 October. Sign up here to download fundraising materials, mental health resources and wellbeing activities for 2021: <https://www.youngminds.org.uk/support-us/fundraising/sign-up-to-helloyellow/?acceptcookies=>

### Kooth

Kooth can support schools with **virtual assemblies**, **sign up sessions** and **workshops** covering wellbeing topics and mental health (e.g. goal setting, using a journal, anxiety & stress, bullying, young men's issues, anger management).

There are also cards and posters and a range of digital resources accessible from the Kooth hub. For further information or to discuss support for your school please contact: **Jenny Fennessy**, [jfennessy@kooth.com](mailto:jfennessy@kooth.com)

## [Little Blue Book of Sunshine](#)

A downloadable resource for children and young people giving suggestions of things to do to feel better or where to get help if needed. It can be downloaded as a free e-book through Apple Books or Google Play. Further information can be found [HERE](#)

## [Public Health England](#)

**Every Mind Matters** PSHE teaching resources are curriculum-linked lesson plans and classroom materials on a variety of topics for year 6, KS3 and KS4 including Power Point presentations, student activities, differentiated options and films.

[Physical and mental Wellbeing](#)

[Unhelpful Thoughts](#)

[Worry](#)

[Social media](#)

[Building Connections](#)

[Sleep](#)

[Dealing with change](#)

[Transition to secondary school](#)

[Bullying and cyberbullying](#)

[Online stress and FOMO](#)

[Exam stress](#)

[Body image in a digital world](#)

[Forming positive relationships](#)

## [Samaritans](#)

PSHE Lesson plans and teaching materials on a variety of topics:

[Ups and Downs of the Day](#)

[My Support Network](#)

[Building Resilience](#)

[What is Emotional Health?](#)

[Let it Out](#)

[Being Positive](#)

[Helping My Friends](#)

[Expressing Feelings](#)

[Coping with Changes](#)

[Knowing When to Get Support](#)

[Exam Stress Coping Strategies](#)

[Managing Stress and Making Choices](#)

[Supporting a Friend](#)

[Self-Harm Myths & Facts](#)

[Developing emotional awareness and listening](#)

## [The Reading Agency](#)

The Reading Agency have compiled a book list entitled **Books that Help Children Stay Safe, Calm, Connected and Hopeful**. Most of the titles are available as free downloads or video story-times. The Reading Well collection books mentioned at the end are available from Slough Libraries. Further details and the list are available from the Reading Agency website [HERE](#)

### *What's Up with Everyone?*

Leading academics have partnered with Aardman to launch new mental health campaign. What's Up with Everyone? is a series of five new animated films created with and for young people about dealing with life's challenges before they impact negatively on mental health. Issues covered include loneliness, perfectionism and competitiveness and the films are supported by a companion website: [What's Up with Everyone?](#)

### *Young Adult Friends – Peer Support Group for Young People 17-25*

A peer support group for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area: [FIN A5 Leaflet Young Adults.pdf](#)

### *Twinkl – free information and ideas*

FAQ about World Mental Health Day such as: What is World Mental Health Day? When is World Mental Health Day? What is mental health? <https://www.twinkl.co.uk/event/world-mental-health-day-2021>