

## The Mental Health Curriculum: Its Good to Talk

### Form Time Session Outline

	Session	Outline
1	Why its' good to talk.	Launching programme, encouraging talking and emphasizing the benefits of sharing problems.
2	Spotlight: Anxiety	Overview and debunking myths about anxiety and how it manifests.
3	Fake it 'til you make it it: Confidence.	Looking at the importance of standing tall, eye contact and facial expressions to command attention even when you want to hide.
4	What is normal anyway?	Examining when usual worries become a problem and looking at how widespread issues are with all of us experiencing this at one time in our lives.
5	Spotlight: Panic Attacks	What happens during a panick attack, the physical changes, practical ways to help yourself or others if they experience this.
6	Stress Relief: Just breathe!	Examining a range of breathing techniques and acupressure methods to be used to help an onset of anxiety. Practical session.
7	What does grief feel like?	A study of the different ways in which people grieve and the struggle people have to acceptance.
8	Feel, Felt Found...showing empathy.	Helps to students to understand an appropriate way of responding to difficult situations such as bereavement, worry or a change in circumstances and how to help others who are struggling.
9	Spotlight: OCD	An outline of how OCD manifests itself and the ways in which it can be overcome.
10	The physiology of anger.	The physical changes in the body that happen when someone is angry and very short term ways to calm down before anger erupts.
11	Spotlight: PTSD	An outline of PTSD, how common it is, what causes it and how it can be overcome.
12	What do we do: Young Minds	An overview of the charity young minds and what they do/how they can help.
13	Spotlight: Depression	An outline of depression, signs, symptoms and cures.
14	Is medicine always best?	Looking at how medicine work, particularly MH drugs and how they affect the body, along with alternative therapies.
15	Having that difficult conversation.	Outlining how students can assert themselves appropriately, how to respond if you are caught off guard and how to tell someone if you are struggling or need help.
16	Spotlight: Personality Disorders	An overview of bipolar and schizophrenia, common misconceptions and treatments.
17	Gone but not forgotten: Overcoming grief.	Looking at different ways people live with grief

		and ways to remember as well as the normality of trigger moments.
18	Saying sorry: When you shouldn't.	How to be assertive and to try and overcome the guilt of things that are beyond your control.
19	Healthy body, healthy mind.	Looking at diet, exercise and ways to encourage natural endorphins including brain foods and the science behind it.
20	Spotlight: Phobias	Almost everyone has a phobia, this session examines where they come from, the most common ones and therapies to use if they interfere in everyday life.
21	What do we do: Kooth	An overview of the charity Kooth and how they can help
22	The body language of success.	Exploring what your body language says about you and how people might make a judgement before you even open your mouth.
23	Spotlight: Eating disorders	An overview of eating disorders and low body image. How they manifest and how they are treated as well as how to support someone who struggles with food.
24	Wrong place: Wrong time: sensing the tone.	How to respond appropriately to different situations, when humour is appropriate and when it isn't!
25	What do we do: Samaritans	An overview of what the Samaritans does, why it was set up and how it can help.
26.	Removing the Stigma	A session outlining what stigma is and how talking through things can normalise MH.
27.	How to ask for help.	A brief session outlining how and where students can go for help if they feel they need a safe space to talk.

What is the impact of this programme?

- Pupils are better equipped to discuss and seek help if they have any mental health concerns.
- Pupils have increased in confidence and will feel better supported by staff in school.
- Pupils know how and where to ask for help as well as being able to recognise signs of Mental Health problems.
- Stigma is slowly being removed through a 'little and often' approach.