

 mind  
in Berkshire

 mind  
Buckinghamshire



# Mental Health Education



**Start the conversation  
around mental health -  
workshops, assemblies  
and more...**

# Our sessions

We can create bespoke educational workshops, talks and courses specific to your needs.

Please see our ready made sessions below:

## Let's talk about mental health

Students will gain a deeper understanding of what mental health is, the importance of talking and where to go for help.

**Suitable for: KS1 - KS5**

## School transitions (secondary & university)

This session explores practical strategies to help students cope with transitioning to secondary school and to university (separate sessions for each).

**Suitable for: KS2 & KS5**

## Pressures & stressors

In this session, we explore the pressures young people are facing today; how stress and anxiety affect our mental health. We look at healthy ways we can manage stress and where to go for help.

**Suitable for: KS1 – KS5**



**“I really enjoyed today’s session, I now have a stronger knowledge of mental health”**



## **Steps to wellbeing**

This interactive session will focus on ways to improve and maintain our wellbeing.

**Suitable for: KS1 – KS5**

## **Mindful media**

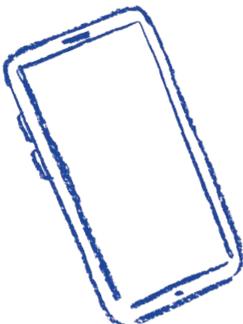
A session covering the positives and negatives of social media and how to navigate it in a healthy way.

**Suitable for: KS3 – KS5**

## **Low mood & positive routines**

To understand the symptoms of low mood/depression and practical strategies to help promote positive mood and wellbeing.

**Suitable for: KS3 – KS5**



**“The facilitator was friendly and engaging. Encouraging and inclusive for all the children”**

## **Carpet time**

Using the following books:

- Ruby's Worry
- How big are your worries Little Bear?

This session focuses on talking about worries and feelings; using the stories in each book to focus on what makes us feel worried (among other feelings) and how can we look after ourselves (one session per book).

**Suitable for: Reception & KS1**



### **Please note:**

All sessions are one hour in length however longer sessions can be arranged.

These sessions are for a maximum of 30 attendees, please get in touch with us if you would like a session for more people.

All sessions can be adapted to suit adults.

## **Assemblies**

Our assemblies cover mental health awareness and can be for the whole school or specific year groups. We ensure all assemblies are age-appropriate.

# Booking & price information

Assemblies - £100  
Workshop (1hr) - £100  
Half day - £300  
Full day - £600

If you are interested in booking and for more information, please email [cyp@bucksmind.org.uk](mailto:cyp@bucksmind.org.uk) or call **01494 463364**.



## Training services

Here at Buckinghamshire Mind we can support adults to stay well, both in the workplace and in their personal lives, through our interactive and informative professional training workshops and presentations.

All our courses are suitable for managers and staff in the private, public or voluntary sectors.

**For more information please contact:  
[training@bucksmind.org.uk](mailto:training@bucksmind.org.uk) or visit:  
[www.bucksmind.org.uk/service/training-services](http://www.bucksmind.org.uk/service/training-services)**



## About Buckinghamshire Mind

We are Buckinghamshire Mind, the mental health charity. Our vision is that everyone with a mental health problem gets both support and respect.

We connect. We support. We influence. We deliver services in our local communities, in Buckinghamshire and East Berkshire. We promote wellbeing and recovery; we prevent mental ill health; we offer talking therapies and we provide support in times of crisis.

We are affiliated to national Mind and proud to play our part in the local Mind network. Together we are Mind. Open, caring, experienced, unstoppable, together.

We stand up for mental health. Our services change lives. For support. For respect. For you.

Buckinghamshire Mind is run by local people for local people and is responsible for its own funding and the services it provides. To donate or fundraise for us, please visit [www.bucksmind.org.uk/support-us](http://www.bucksmind.org.uk/support-us)

## Contact

**T: 01494 463364**

**W: [www.bucksmind.org.uk](http://www.bucksmind.org.uk)**

**E: [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)**





**“Very informative and provided good examples of how to seek advice and support. Very well presented - confident and friendly. All students were engaged and receptive. Thank you.”**