

MIND

TALK

**Building
resilience**



Hello!

Hope everyone's doing great.



What is the mindtalk programme?

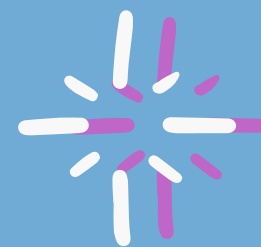
The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

Teachers: read this blog post for more details on the delivery of these sessions.



Before we start, this is a safe space:

The mindtalk programme is all about giving you and your peers opportunities to discuss mental health topics. We all have mental health, just as we encourage you to be aware of physical health, we should do the same for our mental health.





Building Resilience

“The greatest glory in living lies not in falling, but rising every time we fall”

Nelson Mandela

Click the pic to watch a useful vid



Big Question

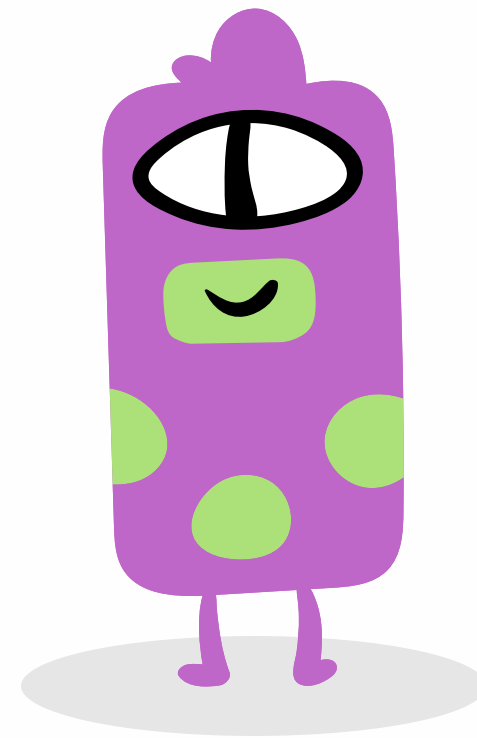
Why is BUILDING RESILIENCE so closely linked with mental health?



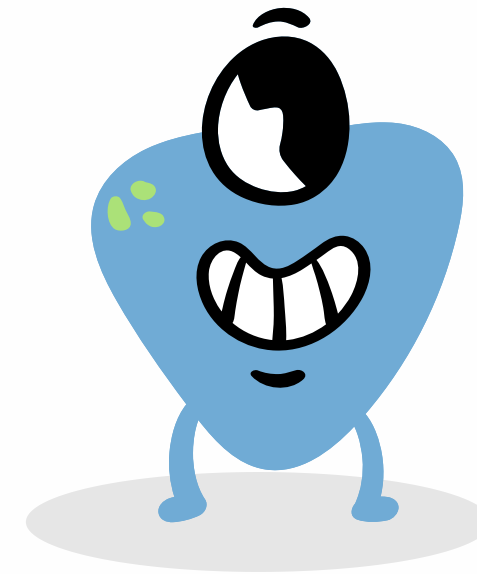
Talking points



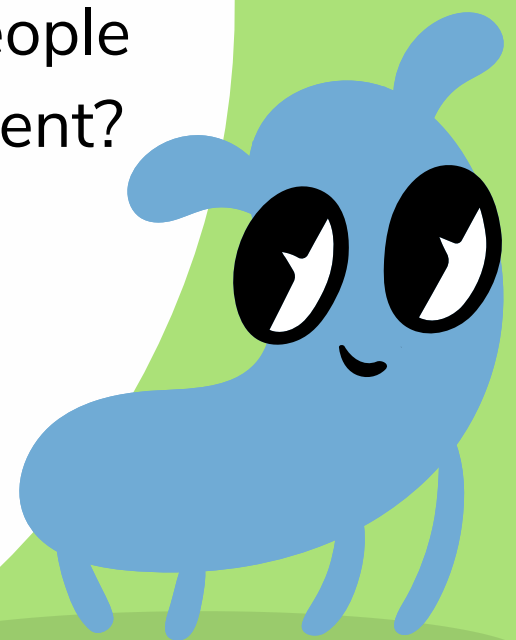
What is resilience?

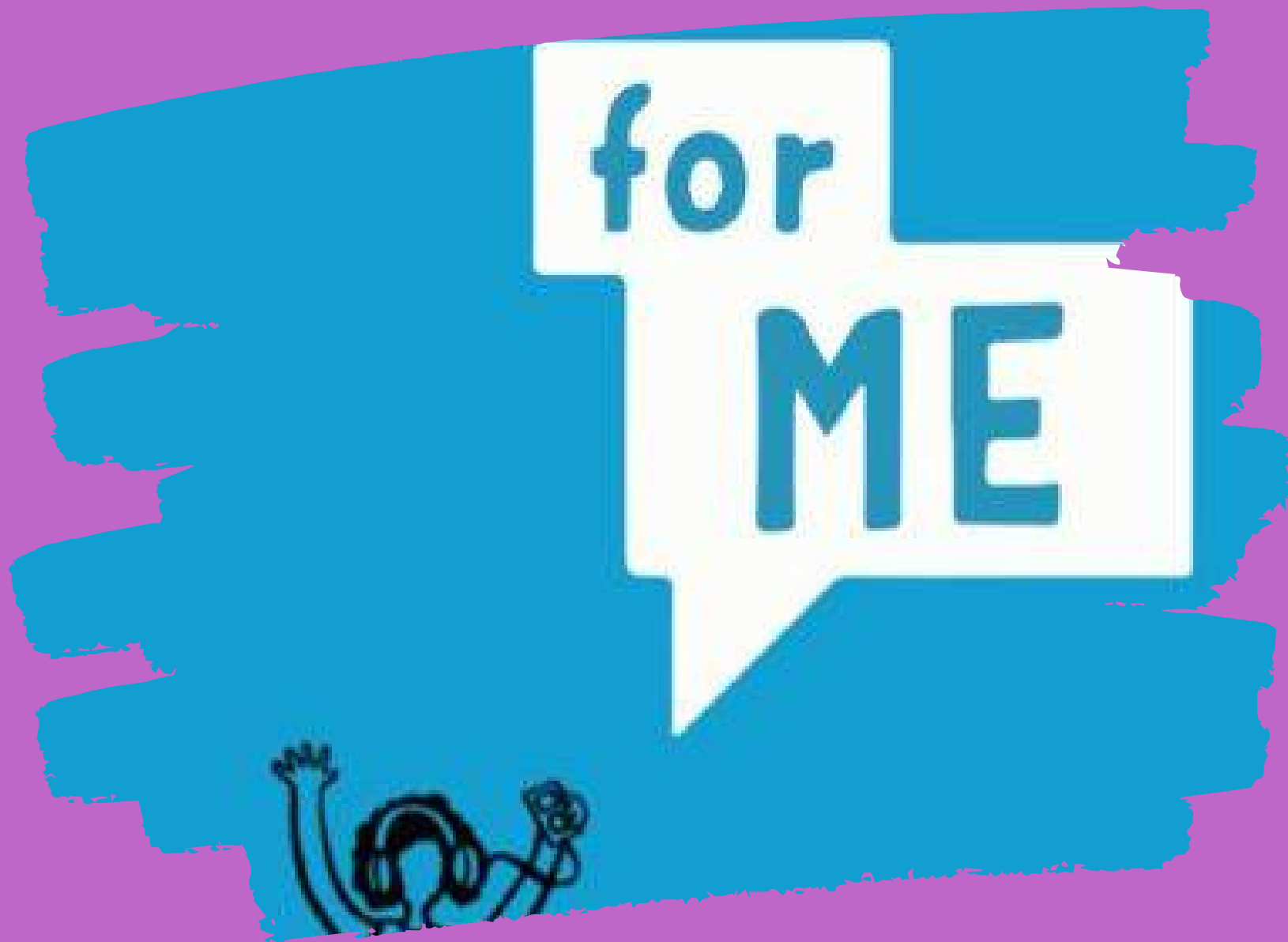
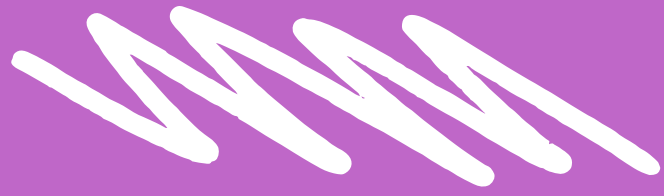


What can you say to yourself when you are having a tough time with a challenging skill or situation?



What are some ways people show that they are resilient?





Where do we go from here?

Some thoughts to take away.....

- When do things at home or school work Best?
- When are things a bit more settled or happy?
- Have a think about what it is about these times that make things a little easier

For Me' is the iOS app that puts Childline in your pocket. It's free, it's secure and it's designed by young people for young people

REMEMBER

It's okay not to be okay
Help is always there
If you would like to speak to somebody in
confidence - call Childline on 0800 1111



In school support:

When you are in school, you
can go to your form tutor/
head of year if you need extra
support, or even if you just
need to talk.

