

MIND

TALK

Celebrating
Difference



Hello!

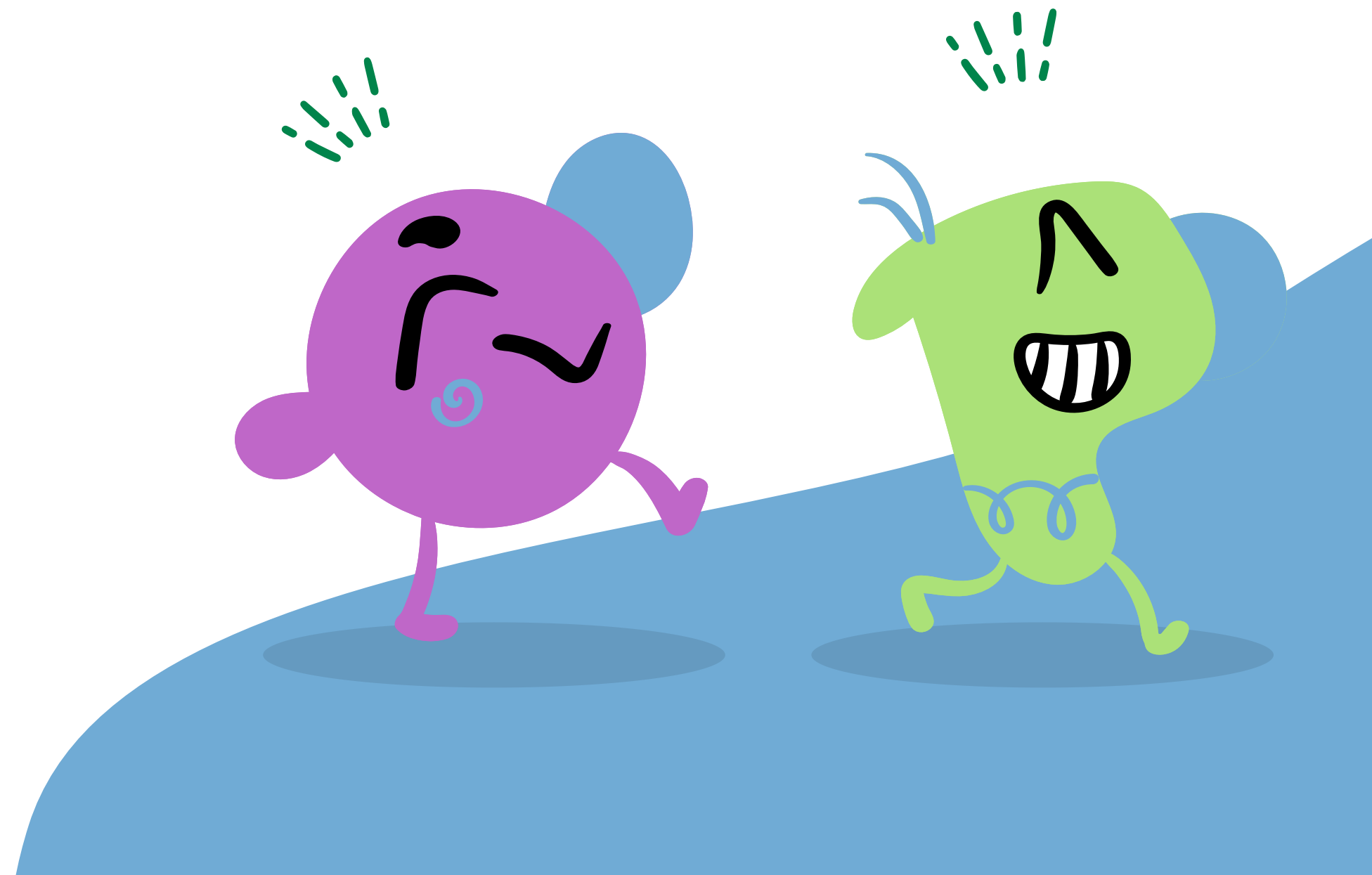
Hope everyone's doing great.



What is the mindtalk programme?

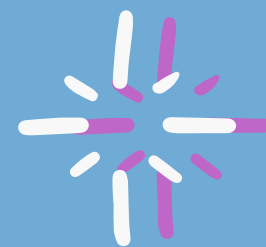
The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

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.





Celebrating Difference

"Be yourself, because the people who mind don't matter, and the people that matter, don't mind." 

Dr. Zeuss

Click the pic to watch a useful vid



Big Question

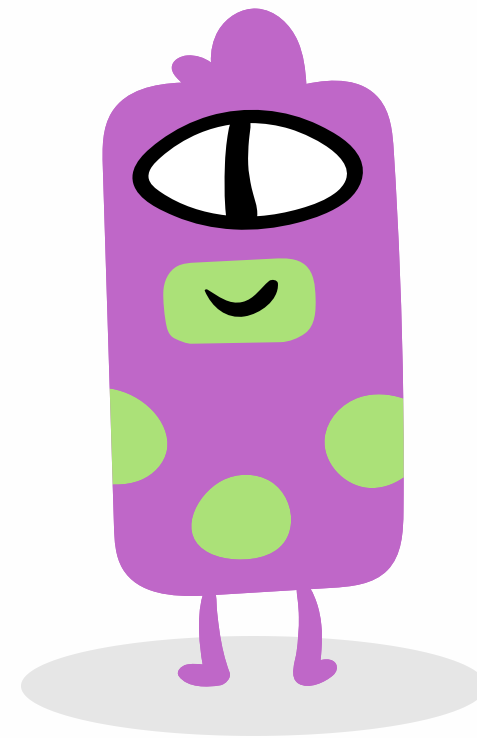
How can CELEBRATING
DIFFERENCE improve mental
health?



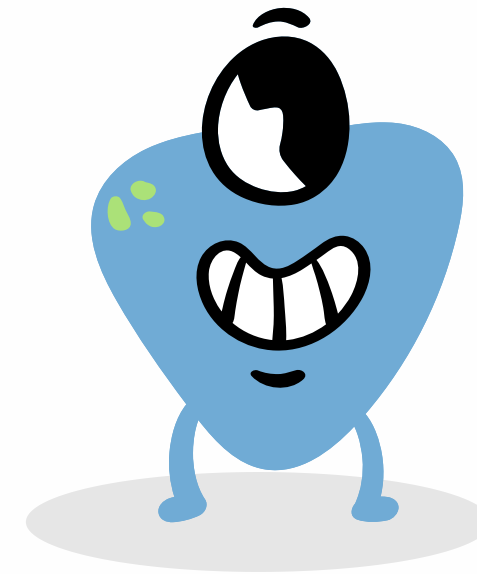
Talking points



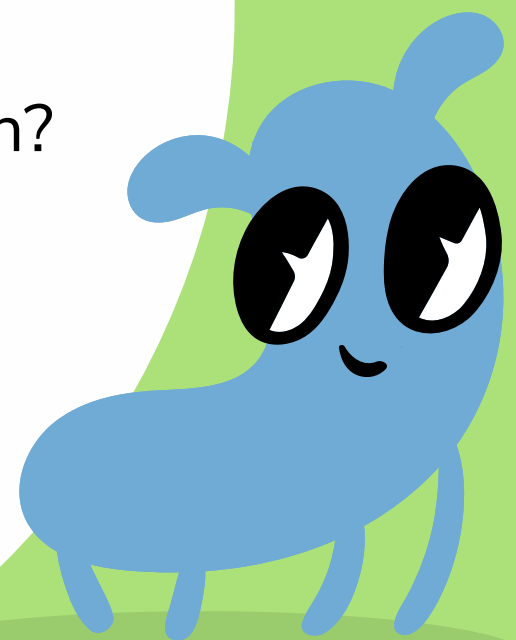
What is diversity?
What is inclusion?

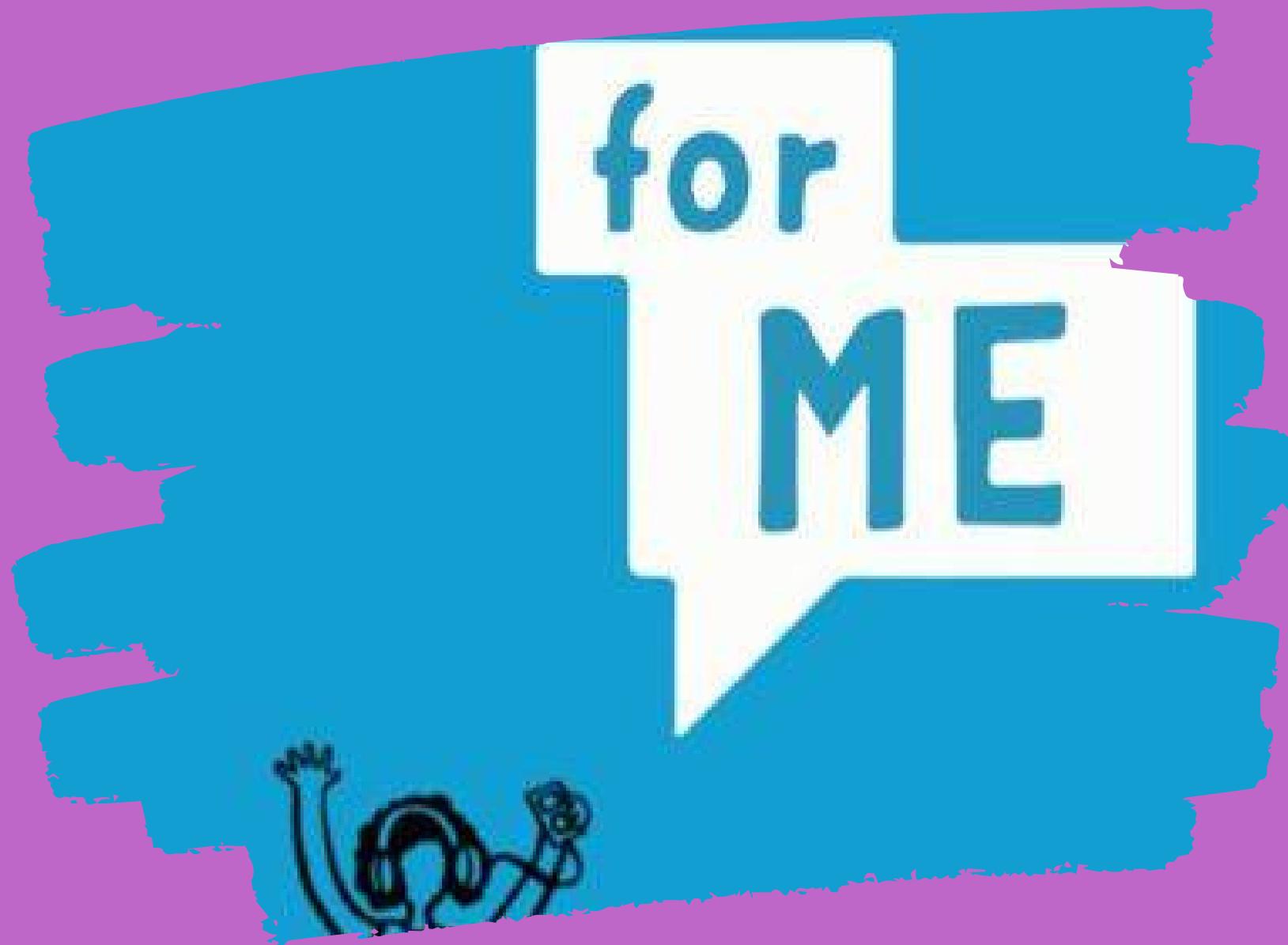
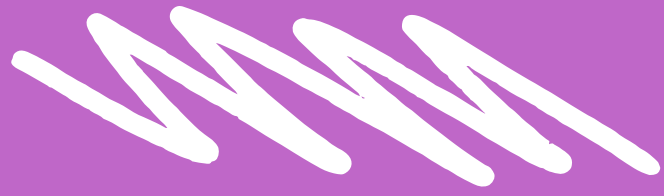


Why should diversity be
celebrated?



What is discrimination?





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

Where do we go from here?

Discrimination and hate crime are against the law. If you've been treated differently, unfairly or have been hurt because of who you are, we're here to help. Especially as you grow and go through puberty.

What can you do?

Tell someone what's happening. This could be your teacher or somebody else you trust. The school has a duty to protect you from discrimination.

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.

