

MIND

TALK

Friendships



**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.



# IT'S NOT ALWAYS EASY

“Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”

Oprah Winfrey



# Big Question

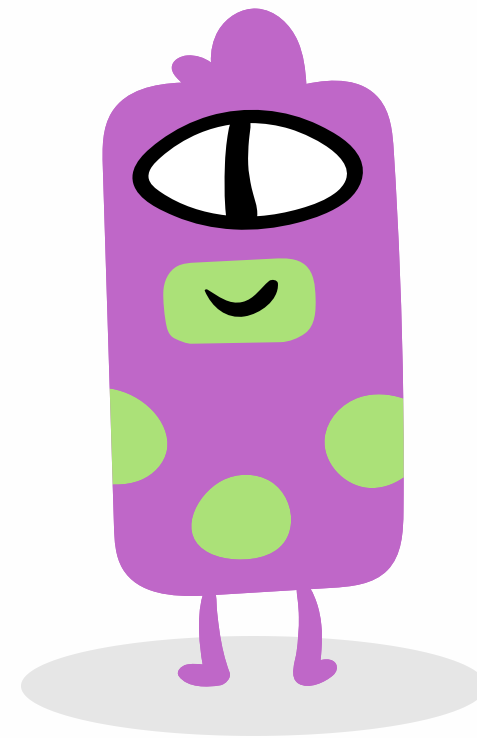
Why are FRIENDSHIPS  
important to mental health?



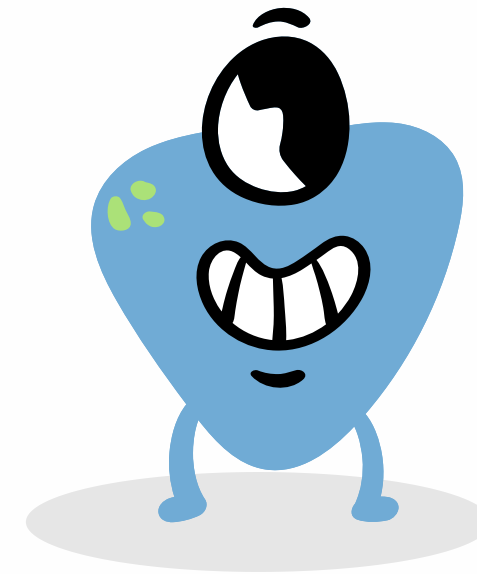
# Talking points



What do you think it means to be a friend?



How would you help a friend who is being bullied?



If you disagree with your friend about something, how can you resolve it?





The Mix - essential support for under 25s, click the pic to watch the vid

## Where do we go from here?

Friends can be there to enjoy the best times, and they can help us when we're feeling down. But sometimes friendships have problems. It can be hard to know what to do, but we've got some advice to help.

Friends should:

- 1.Support you, even if you're not up to talking
- 2.Listen to you when you need to talk
- 3.Help you if they can
- 4.Include you in what they're doing
- 5.Compliment you and make you feel good
- 6.Respect you, your religion, culture and sexuality.



# 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.

