

MIND

TALK

Hobbies, interests
and creativity



Hello!

Hope everyone's doing great.



What is the mindtalk programme?

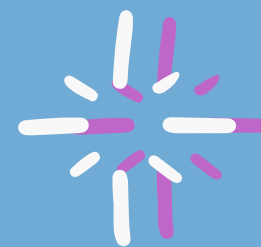
The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

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.





Hobbies, Interests and Creativity

“Creativity is contagious - pass it on”



Albert Einstein

Click the pic to watch a useful vid



Big Question

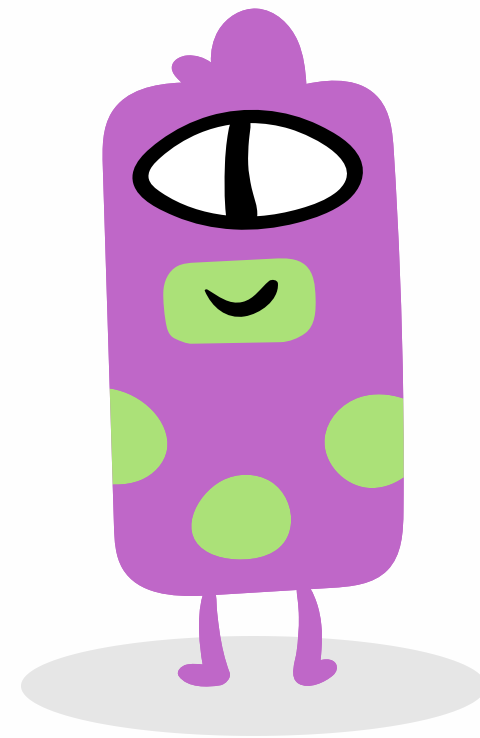
How can HOBBIES,
INTERESTS AND CREATIVITY
impact on mental health?



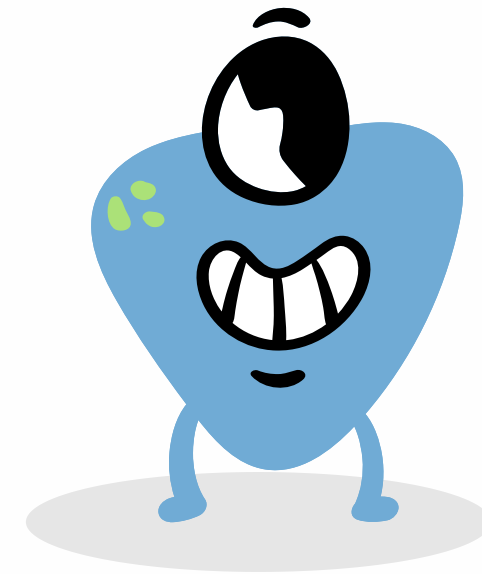
Talking points



Why is creativity important?

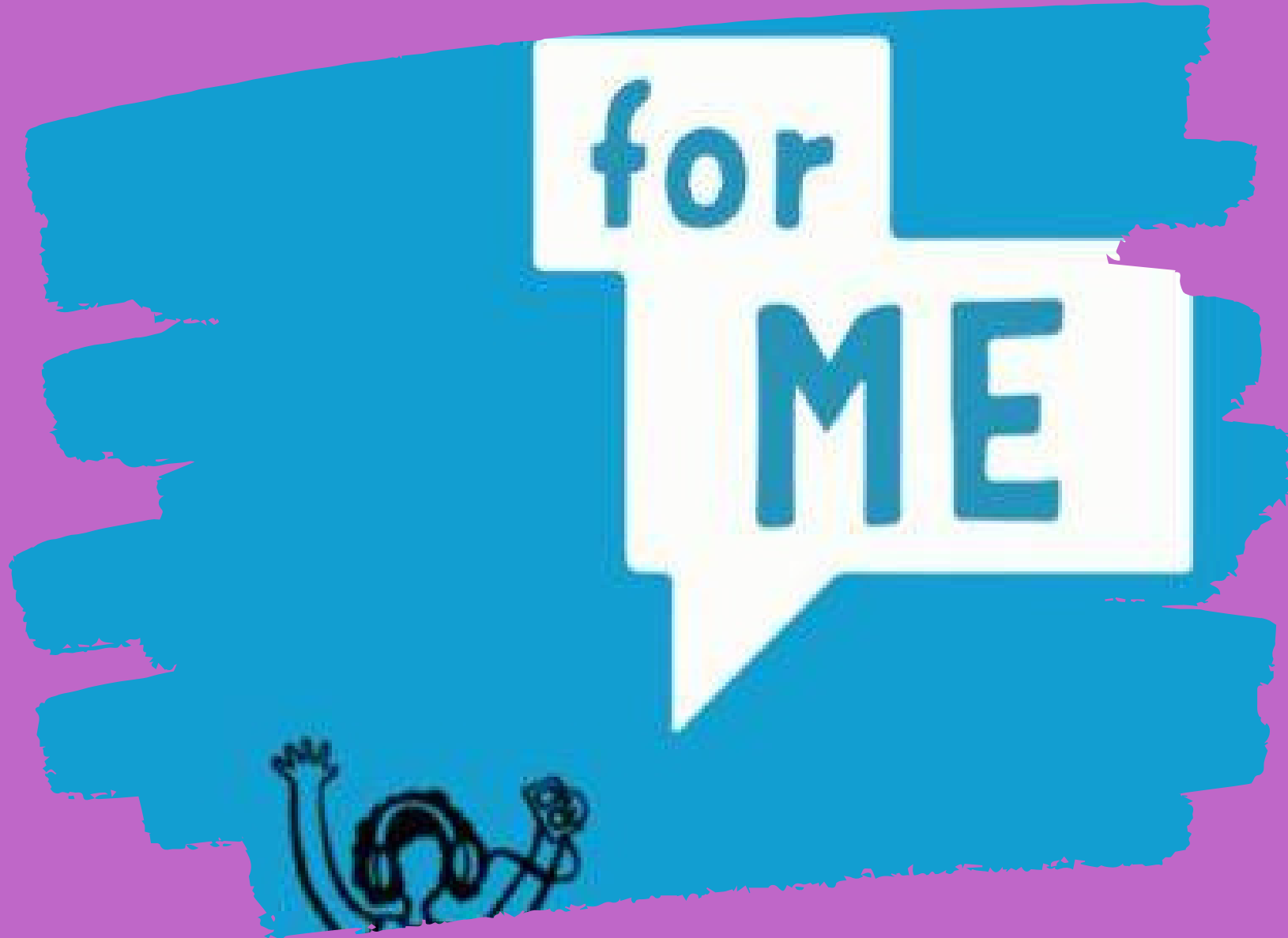
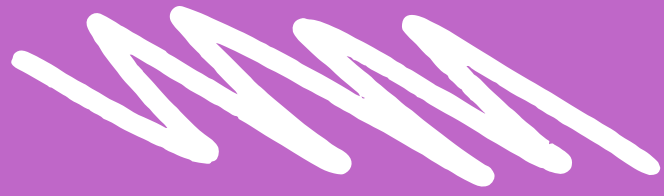


How can creativity improve mental health?



What activities could you get involved in at school?





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?

Speak to your form tutor or head of year about the activities you are interested in developing or that are already available around school. They may be able to point you in the right direction.

It is perfectly normal to feel nervous about trying something new. If you are having those feelings, speak to somebody so that we can help you access the activities you want to in a way that suits you best.

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.

