

MIND

TALK

Loneliness



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.



The Woodpile

‘The Woodpile is about that night you
felt utterly out of place, alone, awkward and
cornered.’

Scott Hutchison, Frightened Rabbit

[Listen here](#)



Big Question

Why is LONELINESS so closely linked with mental health?

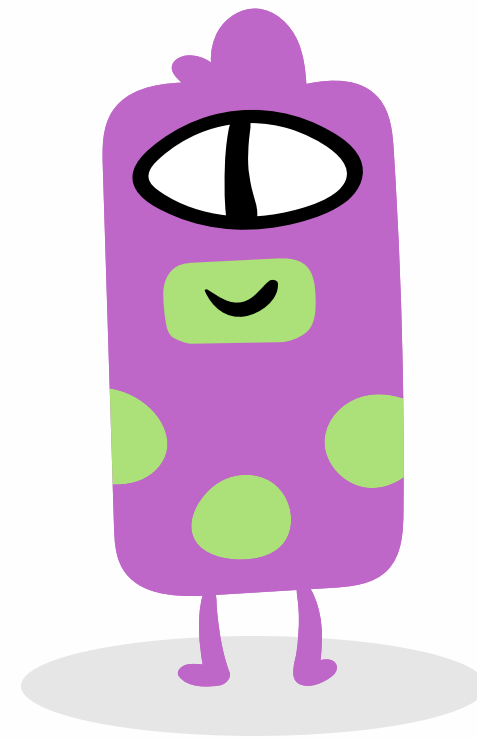
'I'm trapped in an abandoned building'



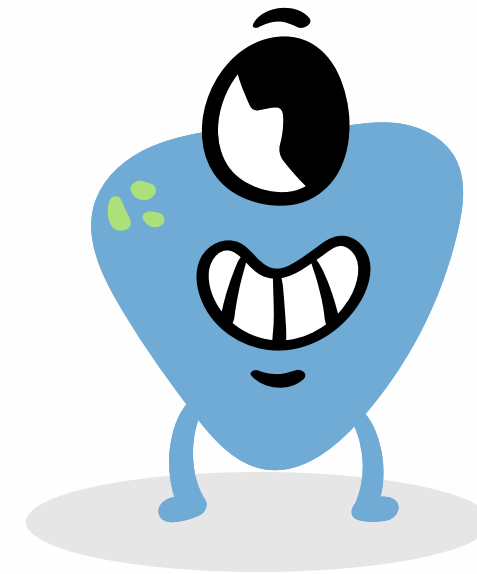
Talking points



What does loneliness feel like?



You can't really be lonely if you're surrounded by people



If I ignore it, it will go away





for


ME



Where do we go from here?

'FOR ME' is the Childline app that provides counselling directly through your mobile device, mood trackers and problem pages. The app is very discreet to protect your privacy.

Click the picture to watch a video explaining how For Me might help you.



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.

