



**Report on Mental Health and Wellbeing Workshop
In Clydebank High Health Day
10 May 2017**

Background

Following on from work in VOLA the WDMHF were keen to become involved with secondary schools in the locality to put across the messages of positive mental health and wellbeing and to help reduce stigma.

The Forum worked with WDC Educational Services to research and develop a session on mental and emotional wellbeing. Research on what pupils already knew and what they wanted to learn was carried out via pupil focus groups in the Vale of Leven Academy and Clydebank High School.

The vision that the forum had to educate young people in our community about mental health is reflected in the Scottish Governments Mental Health Strategy 2017 – 2027.

“Along with literacy and numeracy, health and wellbeing is one of the three core areas that are the responsibility of all staff in the school. All adults who work in Scotland's schools have a responsibility to support and develop the mental, emotional, social and physical wellbeing of pupils, as part of what is referred to as 'Responsibility of All'.

As part of Clydebank High Schools Health Day, WDMHF were invited into the school to deliver a workshop on mental and emotional wellbeing.



Purpose

The reason the mental health forum were keen to deliver this input as part of the schools health day was to increase pupils awareness of mental health and wellbeing, reduce stigma and highlight how they can access local services.

This also gave the WDMHF an opportunity to pilot the completed lesson that was developed to ensure it was fit for purpose. For the health day the original lesson was adapted to suit the timing structure and the learners need in keeping with Education Scotland's Curriculum for Excellence ethos.

What we did

The Health Day was delivered over a full day in Clydebank high. Pupils were split into 9 groups of 20 and each workshop lasted 20 minutes

The workshop consisted of:

Introduction

Warmup

Activity one - What is mental health

Famous people with a mental health condition

Activity two - How to keep yourself mentally well

How to access services

(Workshop outline attached – Appendix 1)



Evaluation Feedback

The day comprised of 5 different workshops, all held in the assembly hall. This proved to be challenging due to the sensitive nature of the topic. The facilitators felt that the learners may have opened up more if the workshop was delivered in a classroom with more confidentiality and opportunity for discussion.

Following the workshop, pupils fed back the following:

'It was interesting, I learned a lot'

'It was fun and I learned new things/information'

'I enjoyed talking to different people'

'Learning about mental health and how it affects everyone'

'I liked the activities'

'Informative'

'I would like to have learned more about managing stress'

'Useful topics'

The school reported that they appreciated WDMHF attending and would be keen to arrange further input, particularly in relation to future health days and health and wellbeing classes.



Next Steps

As this was an opportunity to pilot the session the WDMHF can now deliver this across Clydebank High School with the hope of rolling out to all other secondary schools.

We would like to take this opportunity to thank Clydebank High School for supporting us this with this initiative and inviting us to support them with their health day.

West Dunbartonshire Mental Health Forum

An Introduction to Mental Health

Lesson Plan

Learning Intentions

At the end of the session learners will:

Have a basic understanding of what mental health is

Have an understanding of how to stay mentally well

Know where to go to access support and services

Links to Curriculum for Excellence, health and wellbeing experiences and outcomes

I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships.

I know that it is not always possible to enjoy good mental health and that if this happens there is support available

Resources for each group

Body outline x 2, post its, pens

Your young person – mental health worksheet

Your young person worksheet

Services handout

Introduction: (30 secs)

Explain to the class that this session will focus on mental health and wellbeing. Introduce the facilitators.

Activities:

Warmup (1 min)

This activity helps learners to look at mental and emotional health and increase their understanding about what it means.

Start activity by asking the learners to 'put your hand up if..... You have physical health' (hopefully all hands should go up!)

Now ask them to 'put your hand up if... you have mental health' (it may be that few hands go up)

Now ask:

'Put your hand up if... you've felt happy in the last week'

'Put your hand up if... you've felt low in the last month'

'Put your hand up if... you enjoy playing football'

'Put your hand up if... you get stressed before exams'

The above are all examples, you can add to the list and ask the learners as many as you like.

Explain to the group that this is their mental health. We all have mental and emotional health, the same as we all have physical health. Some people can become unwell physically and mentally. We can also look after our mental health the same as we can look after our physical health.

If you have time, you could discuss this further. The key message from this activity is that we all have mental and emotional health as we all have physical health.

Activity One - What is Mental Health? (10 mins)

Split the group up in two. Give out outline of body to each group.

Each group will be told this is their young person – Give out the A4 sheet "Your Young Person" ask the groups to complete the activity.

Once the activity is complete bring the groups back together and do comparisons between their characters. What similarities and differences did the groups highlight between the young person with mental health problems and the one without?

The Key message you want to highlight is that with the information that someone has a mental health problem, young people might include more stereotypes that you should challenge.

Famous people with a mental health condition (5 mins)

This activity demonstrates that the presence of a mental illness does not mean a person cannot have a successful life and make a positive contribution to society

Ask the learners if they know of any famous people/celebrities with a mental health condition.

Read out the list of celebrities to them and discuss a few they know.

Here is a list of examples:

- Abraham Lincoln, Former American President, Clinical depression
- Lady Gaga, Singer/Songwriter, Actress Depression, Anxiety
- Emma Stone, Actress, Anxiety, Panic Attacks
- Winston Churchill, Former Prime Minister, Bipolar Disorder
- Tom Fletcher, Singer, Depression
- Stephen Fry, Actor/ Presenter, Author Bipolar Disorder
- Robbie Williams, Singer/Songwriter, Bipolar Disorder
- Catherine Zeta Jones, Actress, Bipolar Disorder
- Frankie Boyle, Comedian, Depression
- Boris Yeltsin, Former Russian President, Depression
- Britney Spears, Singer/Performer, Bipolar Disorder, Anxiety
- Diana Frances Mountbatten Windsor, Princess (British Royal Family) Bulimia
- Zayn Malik, Singer/Performer, Anxiety
- Jim Carrey, Actor/Comedian Depression
- Neil Lennon, Footballer, Depression
- Kevin Bridges, Comedian, Anxiety, Panic Disorder
- Elton John, Singer/ Musician Bulimia

Ask the learners if they would have associated these people with having a mental health condition? Explain that the presence of a mental illness does not mean a person cannot have a successful life and make a positive contribution to society.

Activity Two - How to Keep Yourself Mentally well (4 mins)

Refer back to the warmup activity and how we all have mental health. Explain that it is important to make sure we all have good mental health. Ask the learners to shout

out all the things they think they do to keep mentally well as well as things they do when they are feeling stressed/worried about something.

Accessing Services

Give out the A4 page with a variety of websites and services that young people can access if they need to talk to someone about their mental health.

Thank the learners for participating.