



Health and Wellbeing Board Mental Health Campaign

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Williams



Our focus has been to:

- Increase pressure on schools
- Encourage mental health resources in schools (eg leaflets and videos)
- Launch our Mental Health Treaty
- Run a November event

What we have achieved
since our last visit?



Treaty of Mental Health

We pledge to:

- Create and attend an annual review on Mental Health with the Youth Cabinet in order to see progress.*
- Campaign for Mental Health to be incorporated into the PSHE curriculum with a focus of developing practical skills for young people.
 - How to help a friend with mental health problems
 - Advertising services available for mental health support
 - Types of mental health issues
 - Where to get counselling and support
- Improve the level of knowledge and education around mental health in order to reduce the stigma surrounding it.
- Improve communication between schools in Reading in order to reduce the gap of varying standards of Mental Health education, as to ensure a minimum satisfactory standard.

School:

Date:

Signed:

Head Teacher: Chair of Governors: RYC Representative: Lead Councillor for Health:

A handwritten signature in black ink, appearing to read 'G. Hop', is written over a horizontal line.

*In the annual review the Youth Cabinet will consult the elected school representatives and also conduct a borough-wide survey

Sent to all schools in and around Reading. Idea is to...

- Raise profile of mental health within schools
- Increase amount of mental health education delivered
- Promote a consistent approach
- Continue to put pressure on schools to better support young people around mental health

Re-launch of Mental Health Treaty



- Around 60 participants from 5 schools
- Workshops on our PSHE & Mental Health campaigns
- Idea being to raise awareness of issues within these schools
- Good participation from those present

November Event

- Some schools weren't willing to commit to the treaty
- Lack of engagement from schools who have signed up
- Lack of enthusiasm – sometimes from schools, sometimes from pupils
- Found it difficult to engage schools consistently – some really embrace the challenge, others less so!

Challenges

- Mental Health will be one of our campaigns again for 2016 ☺ (along with Anti-Discrimination & Right to Self-Expression)
- Continue to create awareness within schools – sign up to the Treaty!
- Identify gaps in service delivery and work with the council and other services on filling these
- Support the delivery of the School Link project to improve support within schools – this sounds great!
- Ensure support is in place for young people struggling in and out of school
- Raise awareness of existing services and ensure these are accessible to all young people

Focuses for the year ahead
