

## Session 1: Mental health and my mates

### Objectives:

- Introduce young people to the 'In Your Corner' campaign.
- Address the prevalence of mental health problems in young people.
- Look at practical ways young people can be there for each other.
- Think about what your young people can do for their mates.

### Resources:

- PowerPoint presentation.
- 5 x short 'In Your Corner' films. All can be accessed via the playlist - <https://youtu.be/X6YHW7sQ2wM?list=PLW8cG1kJhcvdjY37Nutu786dQ5bJPkOF8>

### Before you begin

There are five short videos to play in this session. It may be quicker and more efficient to load these tabs before you start. You can find the playlist here - <https://youtu.be/X6YHW7sQ2wM?list=PLW8cG1kJhcvdjY37Nutu786dQ5bJPkOF8>

### Outline:

#### Minutes 1 and 2

#### Introduction: slides 1-2

- Did you know that 1 in 10 young people will experience a mental health problem this year? That's around 3 people in every classroom.
- And did you know that three out of four of those people fear the reaction of their friends when they talk about it? That means that one of your mates might appreciate your help.
- Too many people are made to feel isolated, ashamed and worthless as a result of the judgement around mental health problems. Being in your mate's corner could make all the difference and it is really not that hard. Today we're going to look at how you can be in your mate's corner.
- This session marks the first of four weeks dedicated to talking about mental health and most importantly looking at how we can be in each other's corner. If you have any questions over the course of these 4 weeks or beyond, please feel free to come and talk to us.

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## Minutes 3-6

### Being in your mates corner: slides 3-8

- It's not hard to be in your mate's corner and you don't have to be an expert to be a good friend.
- Think about what you would do if your best mate broke their leg? You don't have to know what it feels like to break a bone to know that getting round school is going to be pretty tough. You might carry their bag or their books, help them up the steps and you'd probably just ask what you can do to help. Being there for someone with a mental health problem is not any different.
- These films look at five easy ways to be there if your mates having a tough time.
- \* Play films (slides 4-8).

## Minute 7

### In Your Corner stories: slides 9-10

- Having someone in your corner can make a real difference to someone with a mental health problem.
- Nikki and Celine both had people in their corner. They share how making them laugh, reassuring them and listening to what they needed was the best thing for them when they were having a difficult time.
- \* Read Nikki and Celine's story.

## Minutes 8-9 (this section could be extended for longer discussion with more time)

### How can you be in your mate's corner?: slide 11

- **Discussion:** Think about your mates, you know them better than anyone. If one of your mates was acting differently how could you step in? Discuss in pairs.

## Minute 10

### Conclusion: slide 12

- **Remember:** You do not need to be an expert to be in your mate's corner: listen, don't judge, just reach out, be by their side, do small things, do something together.

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