



HEADUCATION

OUR PROGRAMME FOR BUILDING MENTAL FITNESS IN SCHOOLS

Shawmind is a charity on a mission to ensure people have access to mental health resources when they need it. We are committed to educating individuals and organisations so they understand mental health and emotional wellbeing, and how to manage them effectively to lead successful, fulfilled lives. 75% of diagnosable mental health conditions are present before the age of eighteen, making children's mental health a vital component in improving our society's mental health in the future.

In 2017 we raised 103,000 signatures during our Headucation campaign for a parliamentary debate which led to compulsory mental health education in schools from the September 2020 school year. Unfortunately, the task is not yet complete.

Following on from our 2017 success, we now focus our energy on improving and maintaining children's mental fitness by ensuring their teachers are equipped to understand mental health and support their pupils more effectively in caring for it. At present, teachers receive no mental health training, yet – aside from parents – these are the adults that children spend most of their time with during the day.

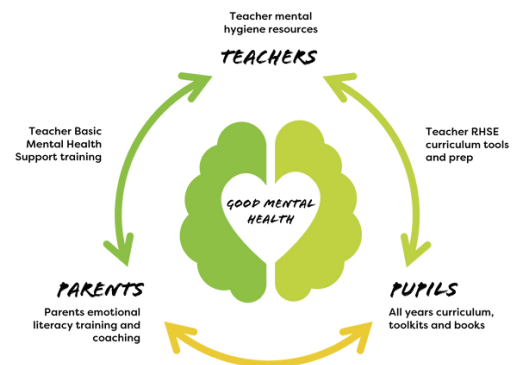
Did you know...

- 1 in 6 school-aged children has a mental health problem?
- Over two-thirds of young people believe the pandemic will have a long-term negative effect on their mental health?
- Depression and anxiety are some of the leading causes of illness and disability among adolescents?
- Self-harm is more common among young people than any other age group?
- Suicide is the third leading cause of death in 15-19-year-olds?

Mental health and fitness is as important to a child's safety and wellbeing as their physical health and fitness. It can impact on all aspects of their life, including their educational attainment, relationships and physical wellbeing. It can be hard for adults to recognise when a child needs support with their mental health and it can be difficult for young people to speak out about the challenges that they are facing.

It is crucial that anyone who works with children can recognise the signs that a child may be struggling with their mental health and, more importantly, that they know how to talk to children and how to take appropriate action.

With Headucation we are mobilizing corporate sponsors and individuals to help us bring about a transformation in the mental health of the next generation: working with local educational authorities and partner organisations we are bringing a whole-school approach to mental health, helping schools to develop a culture shift towards sustainable better mental health and wellbeing – fully funded for schools.



We constantly review our training offering for Headucation and always look to provide the most informative courses so that teachers are well-equipped to understand and support mental health and wellbeing at school. Our latest addition to our mental health training suite is our Trauma Informed course. This course is aimed at helping teachers to understand and support students living through trauma. It covers a range of topics including:

- Understanding what trauma is
- Statistics and prevalence of trauma
- How to spot signs of trauma
- Coping with trauma
- Assessment to prove understanding

Shawmind is supported by a team of professional psychologists who have supported us in developing this training programme:

- Dr Lauren Callaghan, Clinical Lead @ Shawmind
- Dr Antonia Cobbald, Educational Psychologist and Company Director @ ASC Psychology Ltd
- Dr Gauri Seth, Founder @ Brain-Based Connection Coach



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How we can help

Shawmind currently offers a range of funded mental health training courses that are suitable for schools, and designed to help provide teachers with the knowledge and ability to manage their own mental health and wellbeing, as well as that of their students.

It is well known that a lot of teachers are currently trying to manage their own mental health as well as that of their students on top of a heavy, demanding workload. Trying to support others when you are struggling yourself can make things even more challenging, which is why we aim to help as many teachers as possible. If you are able to maintain good mental wellbeing, then this puts you in even better stead to be able to help the students you are working with.

Our courses

Mental Health First Aid Training

This 2-day mental health first aid course is delivered by an MHFA England registered trainer. Throughout the course, you will learn to define and understand mental health, identify mental health issues, provide support for individuals who are struggling and signpost individuals to the appropriate mental health support and resources. On completion you will be awarded a certificate from MHFA England.

Mental Health Awareness

Learn what is meant by mental health, reasons that prevent people from seeking help and speaking out when they need to and how cultural diversity within society and mental health issues can be misunderstood.

Youth Mental Health Awareness

Our Youth Mental Health Awareness course is a half day, interactive learning session covering various aspects of children and young people's mental health - from how to identify potential issues, to how you can help and support a young person who may be struggling.

Trauma Informed Course

Our Trauma Informed Course is designed to help those working with children who've experienced trauma, help them to achieve their full potential within a school setting. Dealing with students who have been through trauma can be a very sensitive topic, so our course covers a range of subjects that will help you work with these students and understand their needs.

Peer Mentoring Toolkit

We have worked together with Kent County Council to provide a Peer Mentoring Toolkit for schools. This toolkit provides schools with all the information needed to embed a strong, peer mentoring programme into their setting. It's been proven that having such programmes really helps to boost self-esteem, improve attendance levels and develop friendships within a safe environment.

Haven't found a course for you?

If you haven't found the right course for you and your school, then contact our outreach director to discuss your school needs.



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