

Mental Health Month 2023

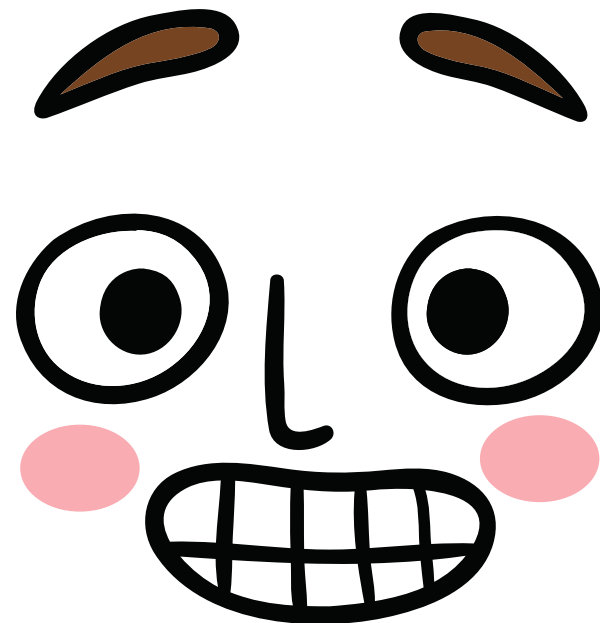
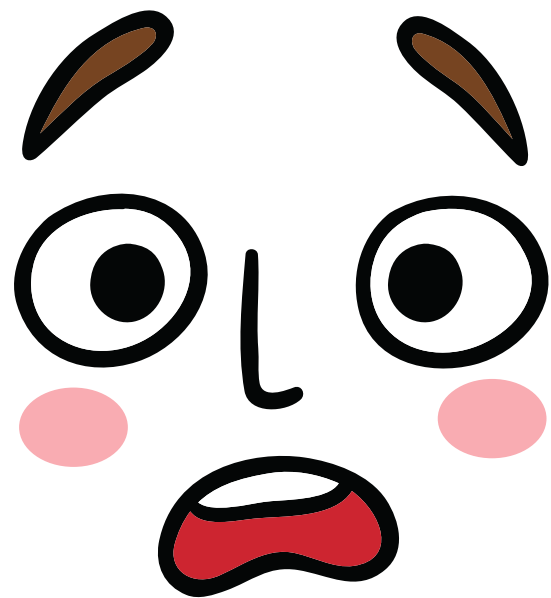
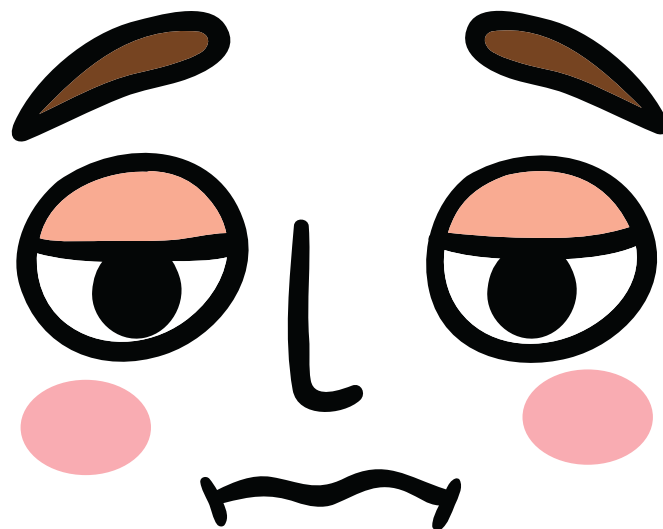
SCHOOLS PACK
RESOURCES

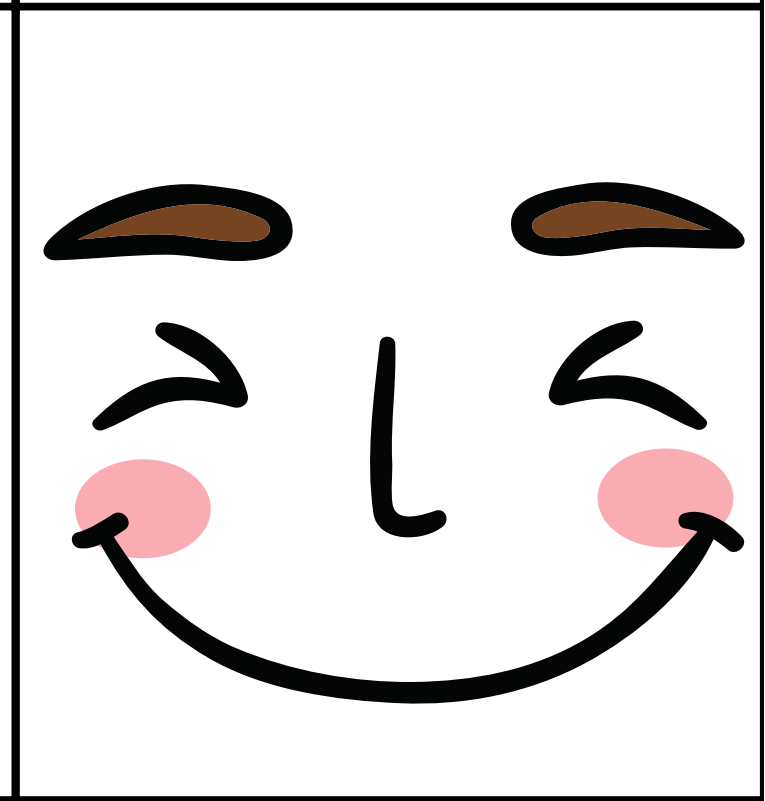
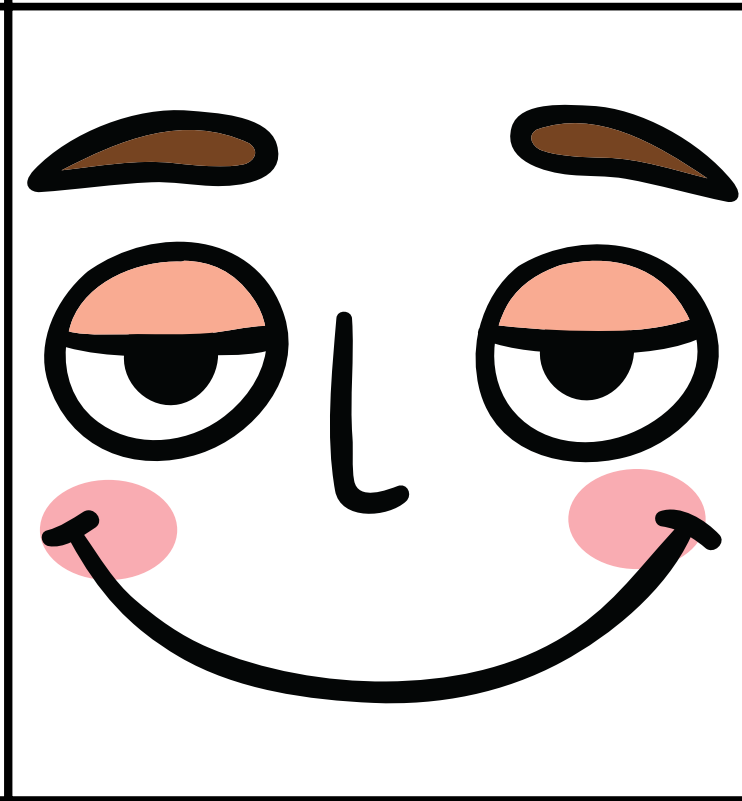
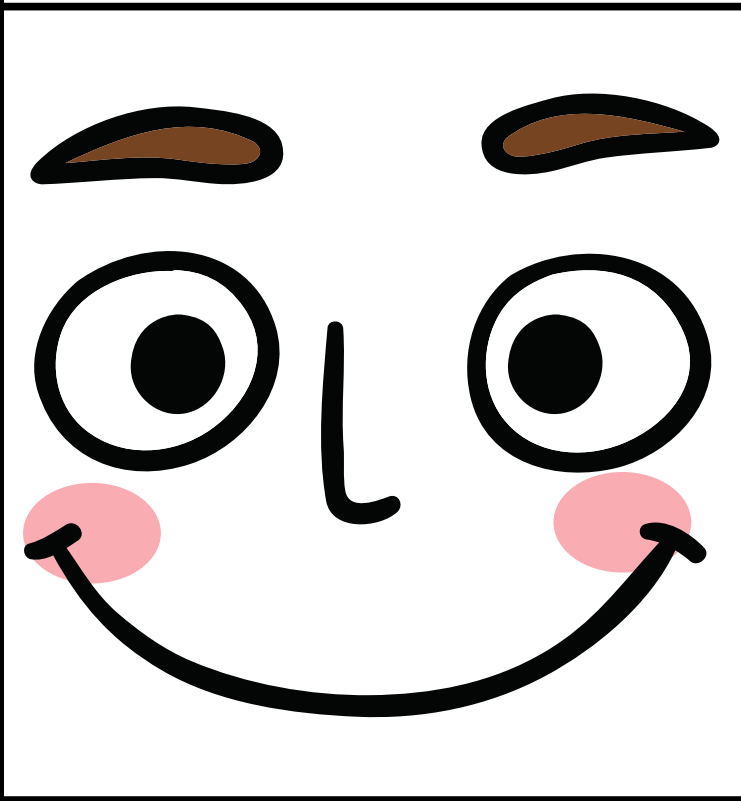
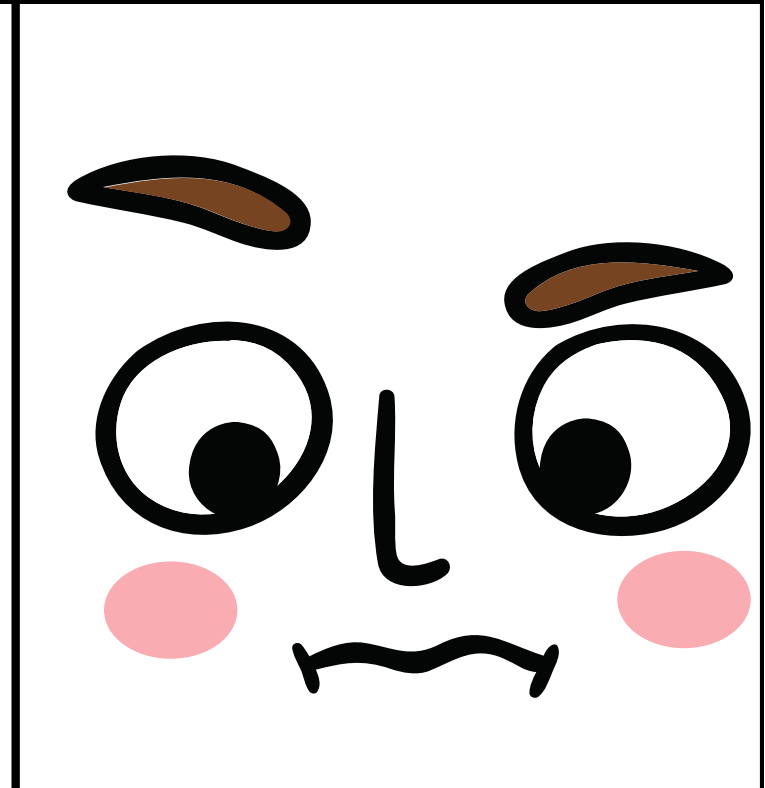
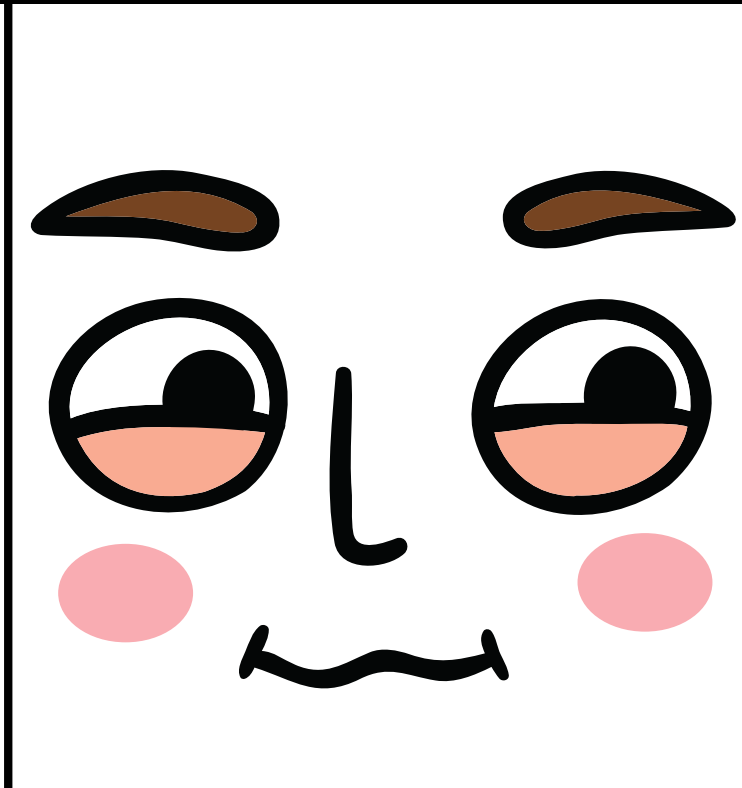


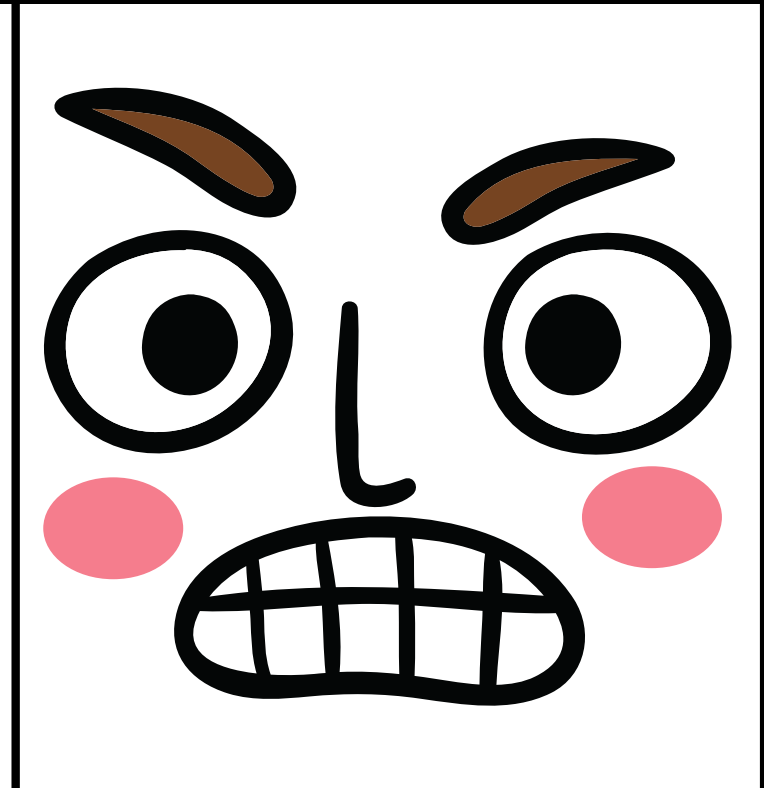
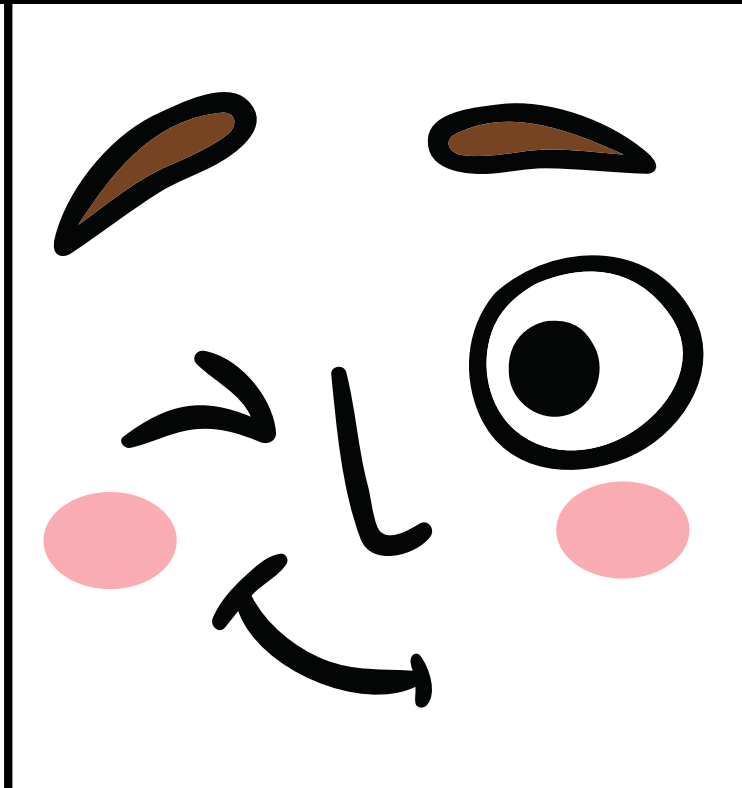
RESOURCE INDEX

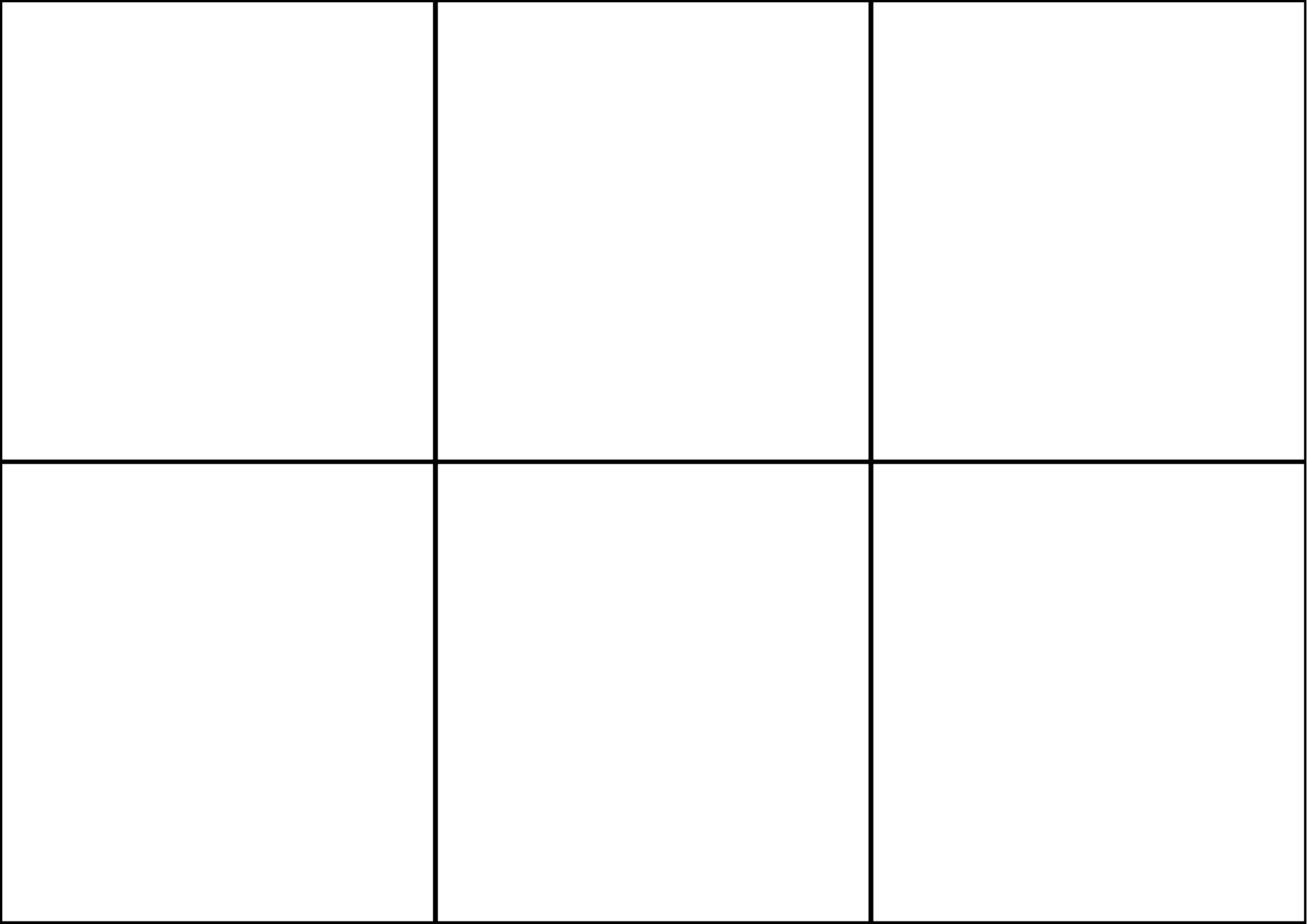
| Slides | Instructions |
|--------|---|
| 3-6 | Expressions Resource- print and cut into cards |
| 7 | Thoughts Resource- print and cut into cards |
| 8 | Feelings Resource- print and cut into cards |
| 9 | I feel...I could Resource- print and cut into cards, use different colour to the Feelings cards |
| 10 | Physical signs of Feelings Resource |
| 11 | Body map Resource- trace for wall display, poster, or print for class |
| 12 | Feelings Mask Resource-print for class |
| 13 | What can I do/Who can help more ideas resource |
| 14-18 | Mental Health First Aid Kits-print one per group/table (A4/A3) |
| 19 | My Mental Health First Aid Kit- print onto A4 paper for class |
| 20 | Scenarios (primary schools) resource-print 2 x slide and cut into cards |

| Slides | Instructions |
|--------|--|
| 21 | Scenarios (high schools) resource-print 2 x slide and cut into cards |
| 22 | Feelings Wheel- print onto A4 paper for class |
| 23 | How can you tell that someone may need help |
| 24 | Questions you could ask when reaching out for help |
| 25-27 | ASK, LISTEN, VALIDATE resource |
| 28 | Tree of Support resource |
| 29 | Ally Safety resource |
| 30 | Gratitude cards resource |
| 31 | Looking after my mental health resource |









I can't do it

I'm proud of myself

What's the matter with me?

I'm warm and comfortable

I wish I were somewhere else

I can give it a try

I don't think it will work

I feel confident

This activity is too hard

I am a good friend

I don't feel motivated

I have friends who support me

Angry

Happy

Pleased

Unhappy

Excited

Confident

Frustrated

Surprised

Worried

Nervous

Joyful

Confused

Unsure

Ok

Silly

Sad

Content

Annoyed

Grateful

Play a game

Draw a picture

Colour in

Wriggle my toes

Read a book

Move around

Talk to an adult

Talk to a friend

**Think of something
Happy**

Take a break

Do a puzzle

Take a few deep breaths

Ask a teacher

Hard to concentrate

Sick in the stomach

Shaky

Jumpy

Racing thoughts

Headachy

Crying

Tapping feet

Fast heartbeat

Hard to sleep

Warm heart

Smiling

Sweaty

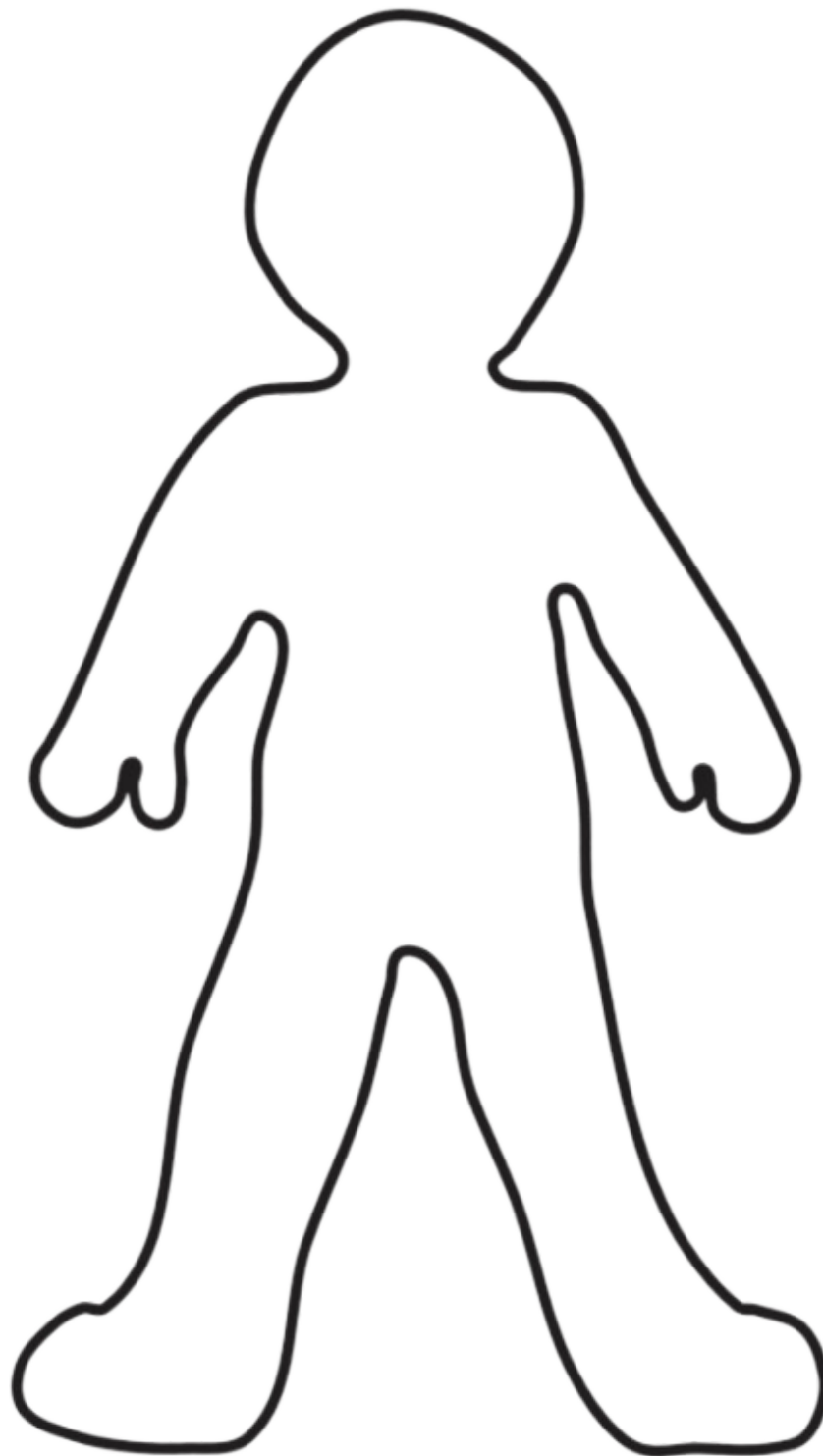
Nail biting

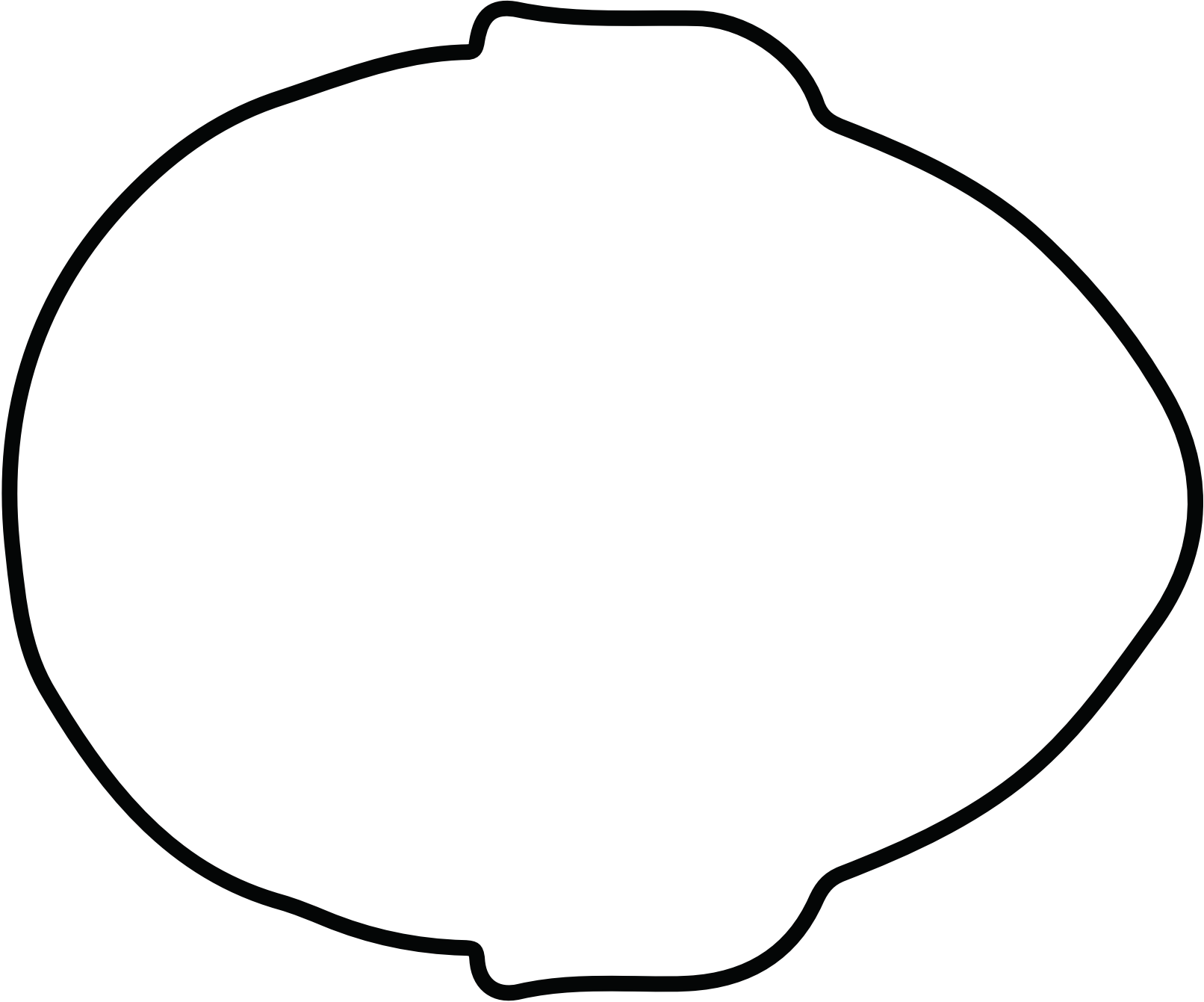
Butterflies in the stomach

Laughing

Tears in my eyes

Go red in the face



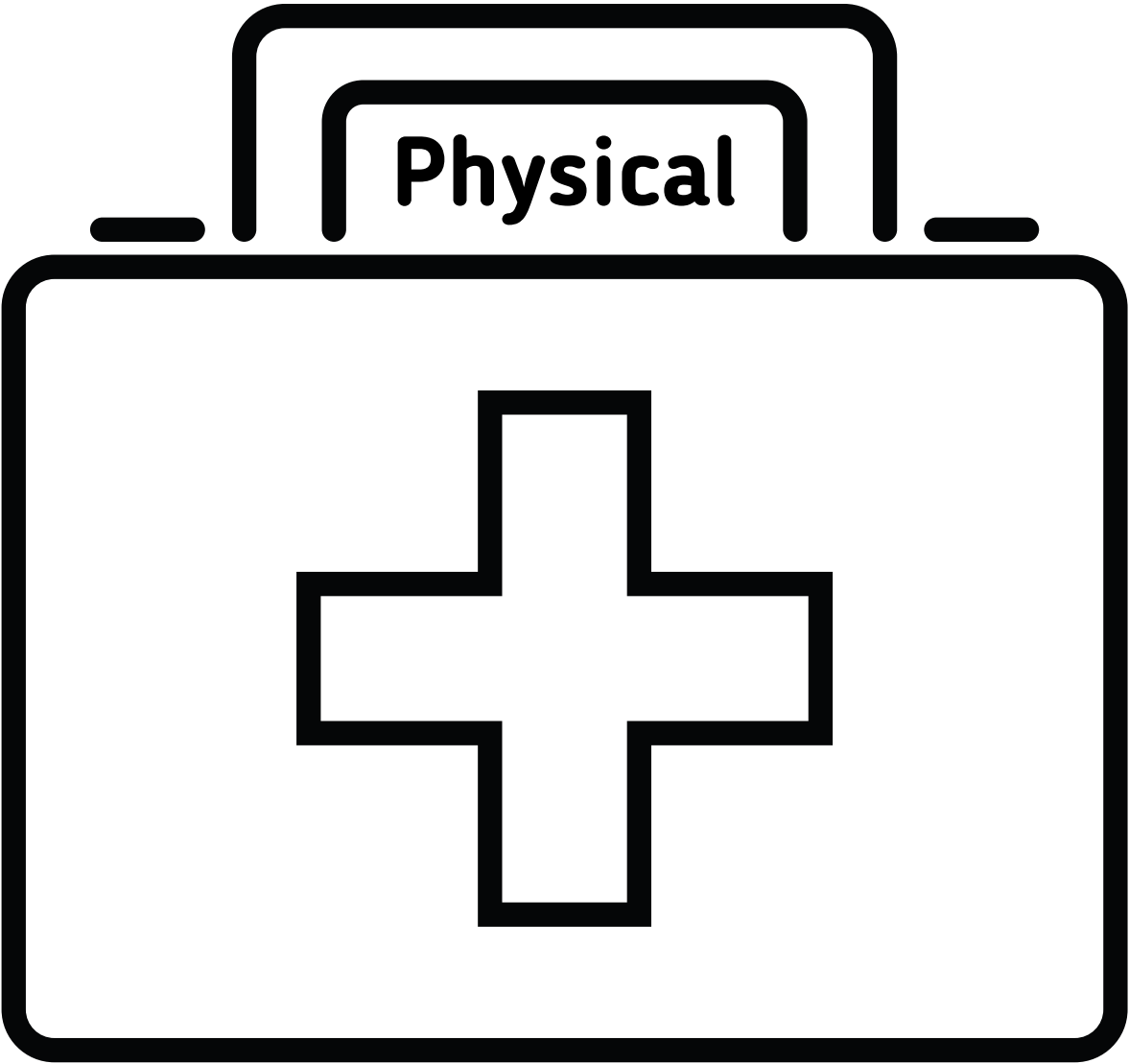


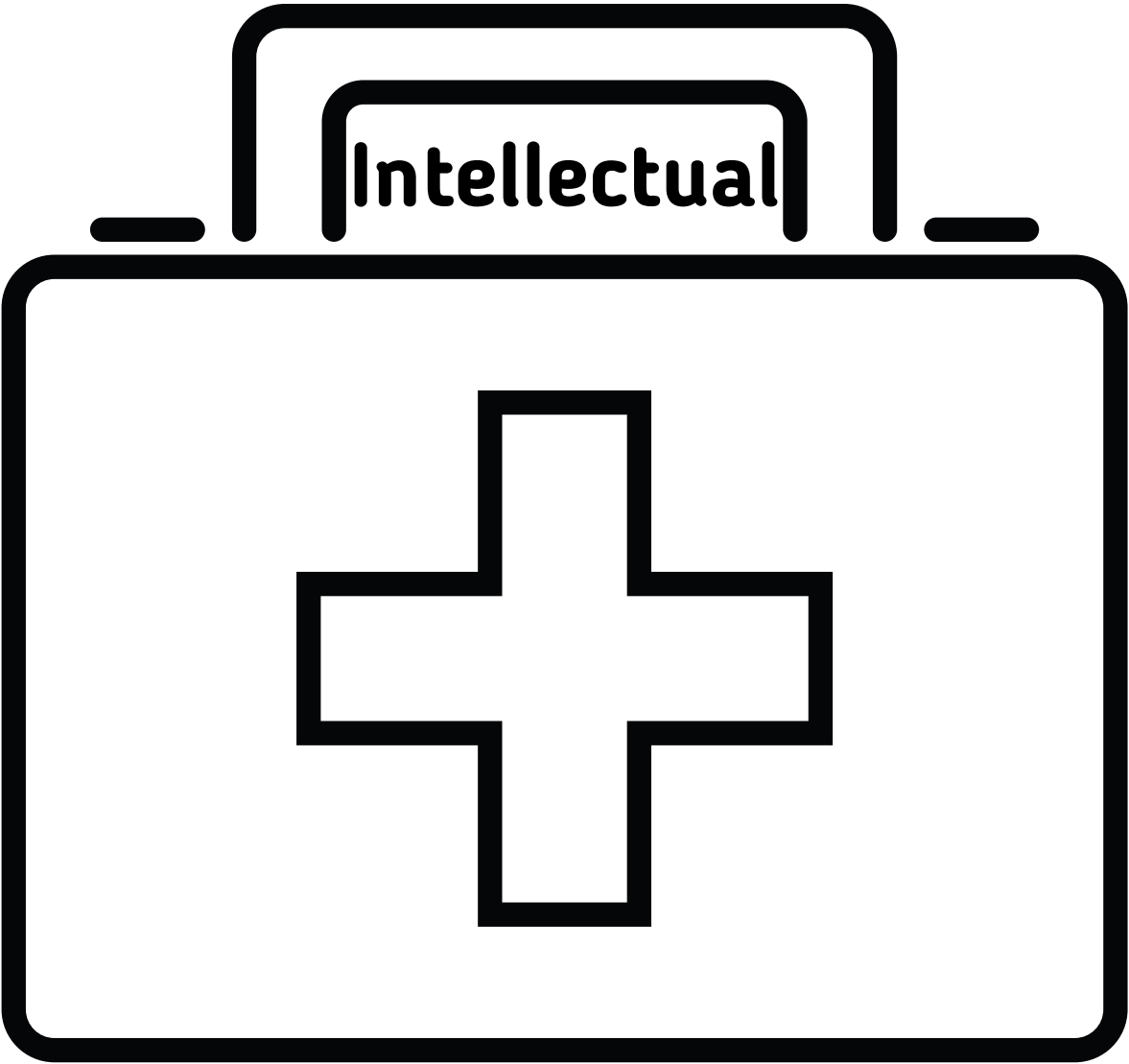
MORE THINGS I CAN DO FOR MYSELF

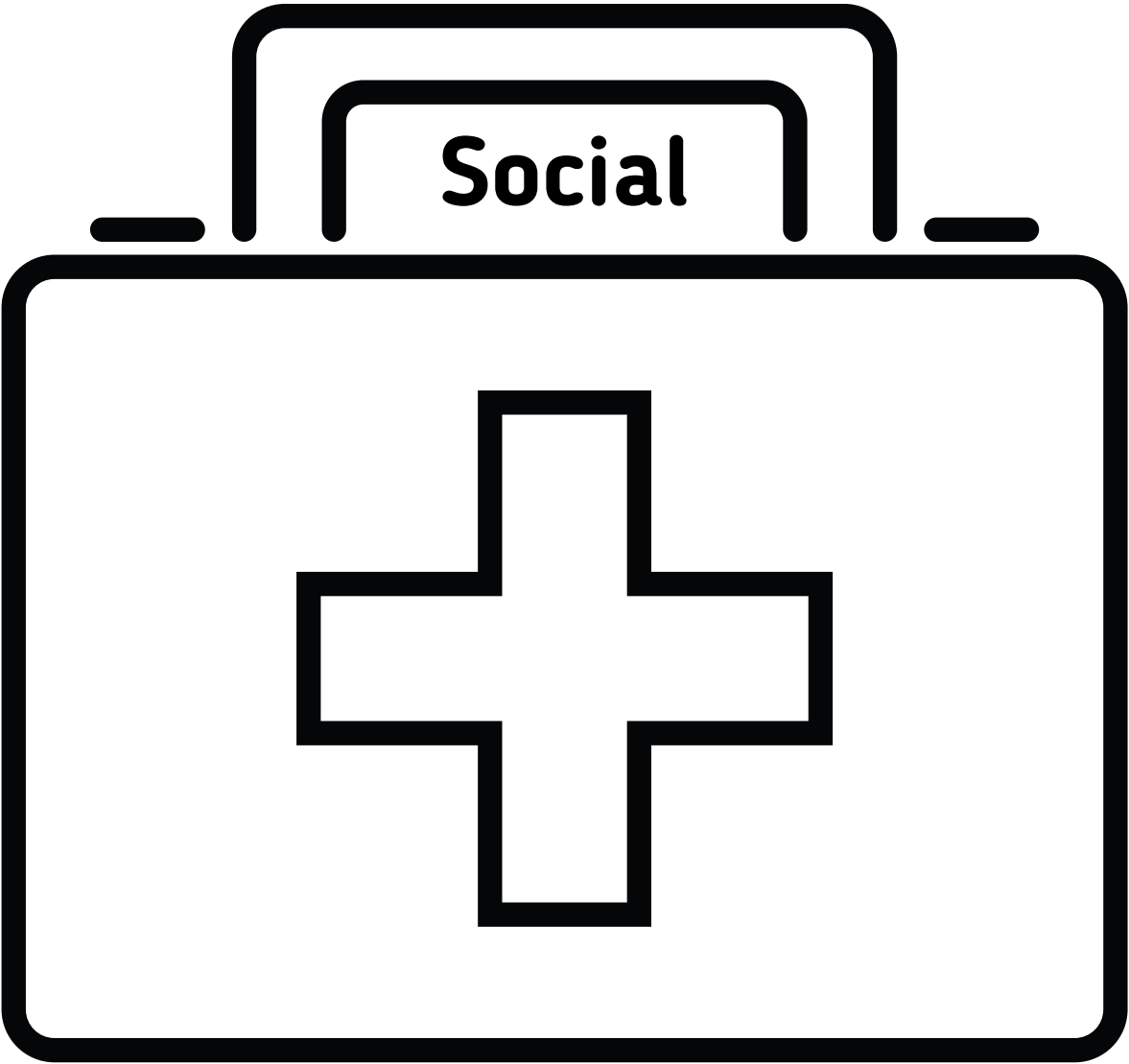
Talk to someone
Get enough sleep
Go for a walk or run
Start a new hobby
Deep breathing
Muscle relaxation Visualization
Positive self-talk
Guided meditation
Download a mindfulness app
Being with friends and family
Being in nature
Journal
Be creative-build, draw, paint,
bake
Watch a movie
Read a book
Listen to a podcast
Overnight social media detox

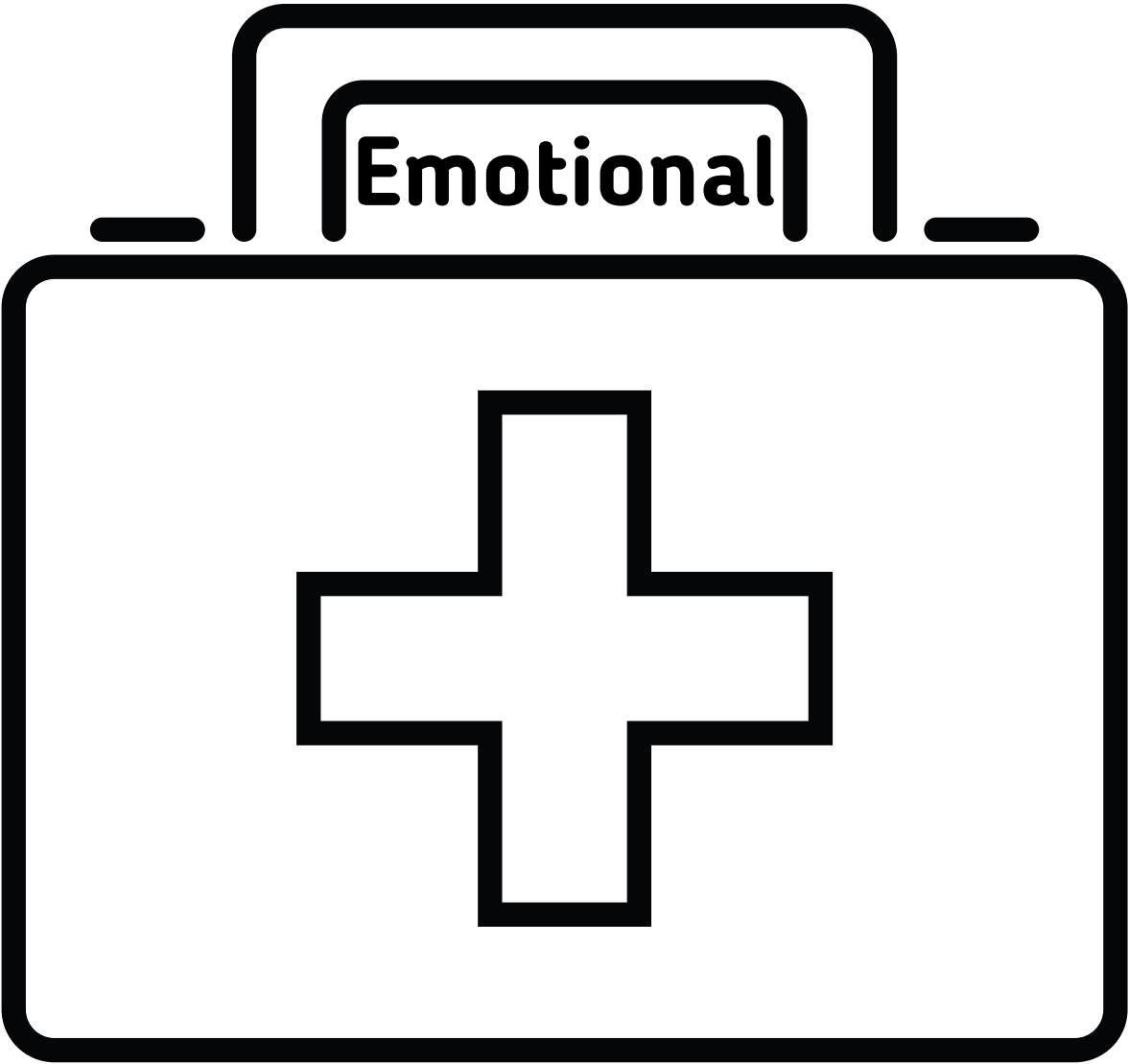
MORE PEOPLE WHO CAN HELP ME

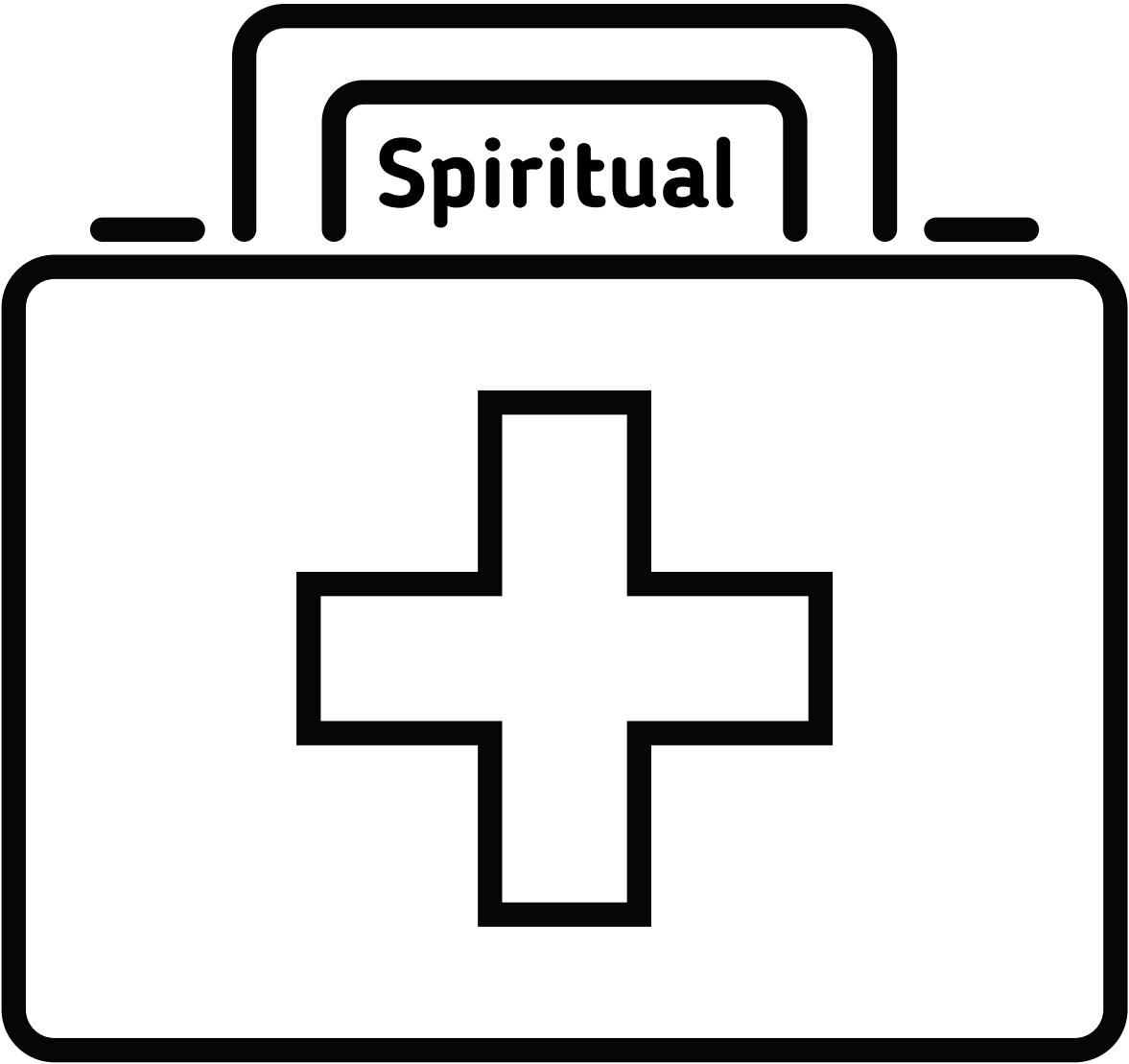
Parents/carer/guardian
Siblings
Extended family (aunts, uncles, grandparents)
Elder
Coach
Mentor
Cultural or spiritual leader
Family friend
Neighbour
Kids Helpline
Teacher
School counsellor
Wellbeing teacher
Student Learning Support Officer
Sports clubs
GP
Counsellor/Psychologist

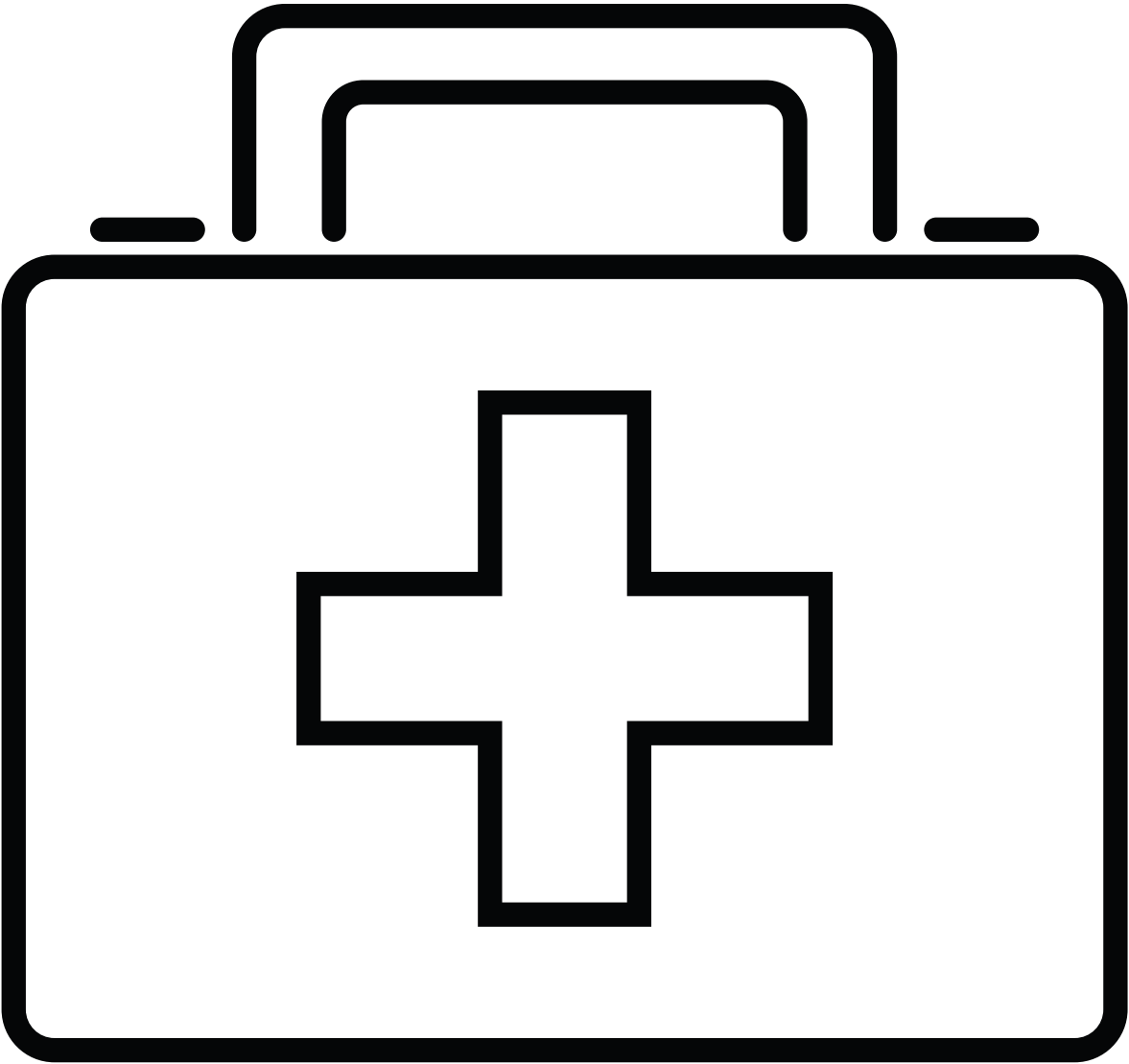












It's lunchtime. You're not sure which group of friends to play with.

After school, your friends have all been picked up or gone home on the bus. You're still waiting to be picked up.

You're at a fun park with your friends. Most of them want to go on a scary ride but you don't.

Your parents are going out and a babysitter is coming to look after you and your brother/sister.

You got a good mark for an assignment and the teacher shows it to everyone.

Your family has tickets to a sport game you have been really looking forward to.

You did something wrong and get told off.

You love playing outside at recess and lunch but it's a really rainy day.

It's lunchtime. A friend asks you if they can talk to you about something that's happened.

One of your friends seems distant, is not talking much and does not seem like themselves

A friend says they're afraid they're going to get a bad mark for an assignment and they're really worried.

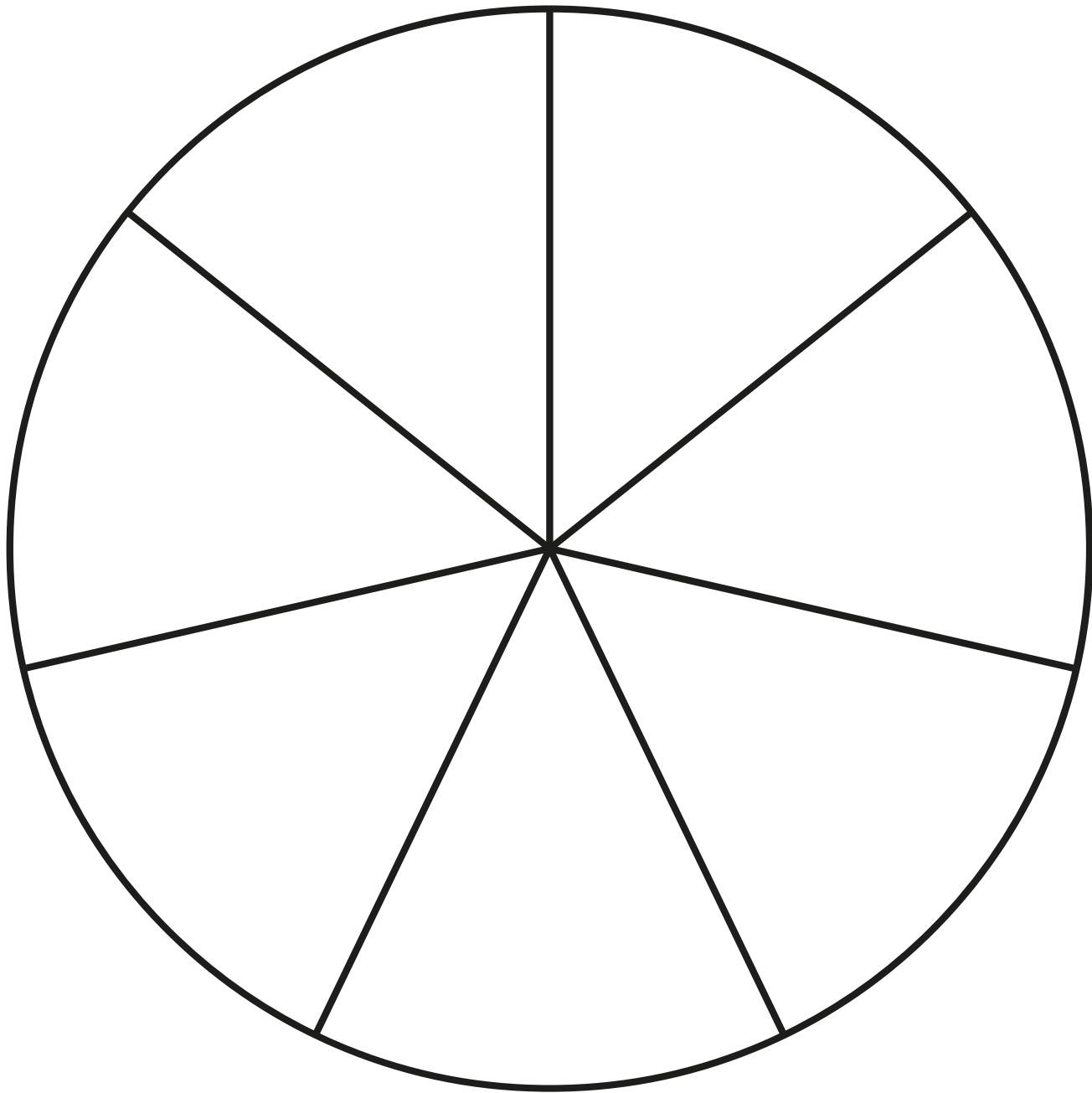
You know a friend of yours has broken up with someone and doesn't seem to be coping well.

A friend comes back to school after a week off with an illness and they seem overwhelmed.

A friend tells you their parents are getting divorced.

Your friend looks worried.

You see someone in your year has been crying and looks upset.




HOW CAN YOU TELL THAT SOMEONE MAY NEED HELP?

- They may start to isolate themselves from others
- They may show changes in mood (sad, anxious, irritable)
- They might start to have trouble at school with attendance, finishing things, marks
- They might start acting differently, saying unusual things or doing risky activities
- They might not be keeping up with their hygiene, sleep or nutrition



QUESTIONS YOU COULD ASK WHEN REACHING OUT FOR HELP



I need some help
with something.
Can we talk?

I was hoping I could
talk to you about
something?

I have a tough
situation. Can I talk
to you about it?

I'm wondering if you
can help me or
maybe you know
someone I can talk
to?

ASK

Check-in with people.

How?

- How are you?
- What can I do to help?



LISTEN

Take the time to listen and understand.

How?

- “I’m listening....”
- Nod
- Focus
- Don’t be distracted
- Ask a question
- Repeat what they’ve told you



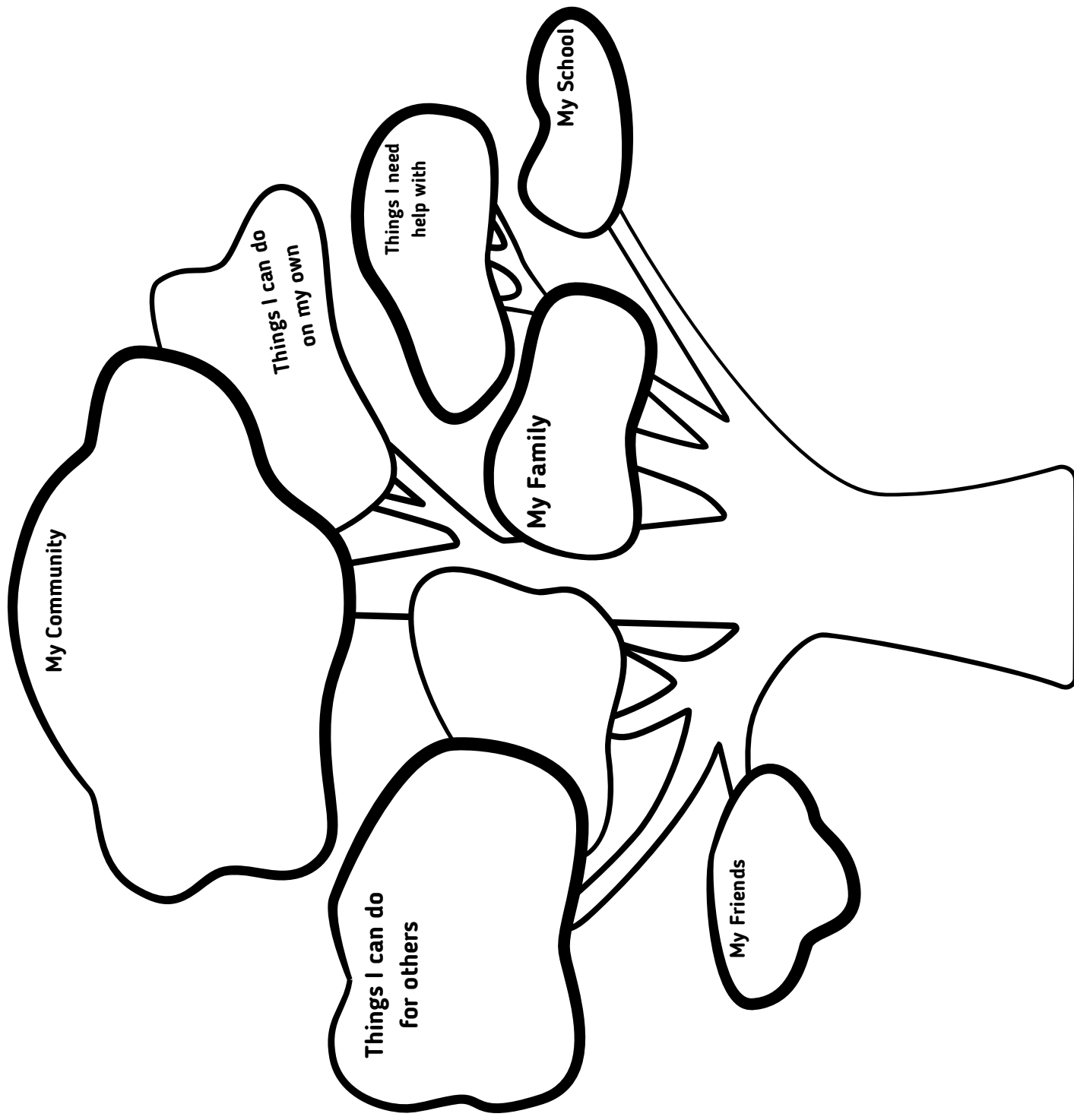
VALIDATE

Take time to validate people's concerns.

How?

- “I’m here for you...”
- “I care about you.”
- “I can see how you would feel upset about that because _____ and because...”
- “That sounds really hard and it makes sense that you would feel _____ because...”





What could you say when someone tells you something and you feel they are not safe?

- You could say: “I really care about you and I need to make sure that you’re safe, so I can’t keep this to myself. Let’s try to get some help together.”
- You could say: “I’d rather lose you as a friend than have something bad happen to you.”
- You could say: “This feels too big for the two of us. I’ll come with you. We need extra help for this.”

If you are worried or scared about them what can you do?

- Tell a teacher, adult, your parent
- Call the Kids Helpline for support and to talk through your next steps
- If you think there is an immediate risk Call 000



A friend I am grateful for

An activity I am grateful to do

A challenge I overcame

A memory I am thankful for

A person I admire and why

Something that makes me happy

A holiday I am thankful for











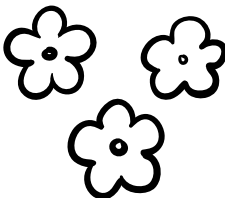

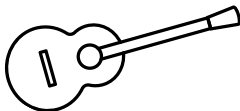



A moment when someone helped me

A food I love and am thankful for

An object I am thankful for

An experience I am thankful for

A sport or hobby I am grateful to do

| | | | |
|--|---|---|--|
| <p>Take 5 slow, deep breaths</p>  | <p>Paint, draw or write something</p>  | <p>Listen to music</p>  | <p>Talk to a trusted friend</p>  |
| <p>Read a book</p>  | <p>See your GP</p>  | <p>Write a positive affirmation</p>  | <p>Hug a pet or friend</p>  |
| <p>Do something kind for someone else</p>  | <p>Plan a social media detox</p>  | <p>Take a walk in nature</p>  | <p>Compliment someone</p>  |
| <p>Sing or play an instrument</p>  | <p>Spend time with friends</p>  | <p>Call/SMS a helpline</p>  | <p>Talk to a trusted adult</p>  |