

The logo features the words 'Mental Health' in large, stylized letters. 'Mental' is pink and 'Health' is blue. Below this, 'Month 2023' is written in green. A yellow banner with the words 'SCHOOLS PACK' in white capital letters is positioned at the bottom of the logo. The entire logo is set against a background of yellow sunburst rays.

# Mental Health Month 2023 SCHOOLS PACK

## WHAT'S IN THE PACK?

**MHM Classroom Guide and Lesson Plans** - a 30 minute lesson per week for three weeks for each stage: Early Stage 1 to Stage 5.

**MHM Resources and Printables** - a range of resources, ready to use and print to use in the lessons

**MHM We all have a role to play PowerPoint** - to support the lessons