

Good Practice Exemplars

Holy Cross High School: Mental Health Ambassadors

What is it?

Mental Health Ambassador (MHA) Introductions (S6 pupils who took part in the See Me MHFA training).

Who is it for?

For all pupils from Holy Cross High School.

What was done?

- Mental Health Ambassadors introduced themselves to all pupils during year group assemblies during the months of August and September.
- During the month of September one MHA per day was introduced via the Health and Wellbeing Twitter page. The pupils themselves wrote a personalised 'blurb' and had a photograph taken to be tweeted.
- MHA launched the 'Worry Box' – this is a locked post box situated outside the library. The MHA felt it was important that pupils who didn't want to start a conversation about their mental health, but did need support, had a way to let an adult know. The box can also be used by pupils who are concerned for the mental health of a peer or someone outside the school setting. The post box is checked every day, and any notes left are passed to the coordinating staff member who then passes them onto a member of the pupil support team.
- MHA visited tutor classes during the month of September to pass out 'What's On Your Mind' cards and talk pupils through how they could use them.

Why was it done?

To introduce the S6 Mental Health Ambassadors and ensure that pupils in Holy Cross High School were aware of who they could turn to if they had any worries concerning Mental Health.

What was the impact?

All pupils in Holy Cross High School now have a 'What's On Your Mind' card. All pupils are now aware of the ways in which they can seek support concerning their mental health.

Resources

- See Me 'What's On Your Mind' cards.
- Holy Cross High School, Health and Wellbeing Twitter: @HCHS_HWB
(all photos from that week can be found here)

