

Good Practice Exemplars

Holy Cross High School: Mental Health Awareness Day 2020

What is it?

Mental Health Awareness Day 2020.

Who is it for?

For all pupils and staff from Holy Cross High School.

What was done?

In Holy Cross we decided to have a week of Mental Health awareness activities, with Thursday being the main day.

- Mental Health Ambassadors (MHA) worked together to create a 'Take What You Need' Board. This board was filled with Post-its which contained positive messages which could be removed and kept by people struggling with their mental health and where receiving a few encouraging and positive words would help. This board is now permanent in Holy Cross.
- During tutor time, pupils were made aware that for the following day they would need to think of one of the following, to be used as part of a 'Wings of Positivity' display:
 - a positive affirmation about mental health.
 - a 'you are' statement – e.g. beautiful/strong/thoughtful/important.
 - a fact about mental health.
 - a website/charity that people who had concerns about their own, or someone close to them, mental health.
 Pupils were then given a feather cut out where they would write down one of the above pieces of information. The MHA and Mental Health First Aid (MHFA) trained staff then used all of the feathers to create wings, which were then put out in the main school street area for everyone to see on the Thursday.
- The MHA also created posters with tear-offs at the bottom to be displayed in the toilets. The MHA agreed that many pupils who are struggling use the toilets for a bit of privacy, and therefore having a poster that had information of organisations they could reach out to for support would be good. The MHA included the contact details of the following – Samaritans, Mind, Beat, SAMH, Breathing Space and No Panic.

- Everyday at lunchtime a workshop was offered to both pupils and staff. The workshops were – Music and Emotions, Yoga, Mindfulness, Toxic Masculinity and issues of gender and also Planning for Change and Dealing with a Crisis.
- On the Thursday during lunchtime S6 Mental Health Ambassadors ran See Me and LAMH stalls providing pupils and staff with information on campaigns and mental health and signposting to charities who support mental health.

Why was it done?

The aim of this activity was to raise awareness and prompt conversation about mental health as well as giving pupils and staff information about where help and guidance can be found if they had concerns.

What was the impact?

It raised awareness and provided support for pupils and staff who were struggling.

Resources

- Holy Cross High School, Health and Wellbeing
Twitter: @HCHS_HWB
(all photos from that week can be found here)

