

Mental Health

Programme Duration: 6 - 12 months

Who this is for:

Teachers and other adults

Delivery method:

F2F and Blended workshops

Mental Health Literacy is a programme to help teachers create a positive school climate towards positive mental health and wellbeing by ensuring that the whole community works together to support students and educators.

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[Read More](#)

This programme supports educators and students to:

- ✓ Enhance knowledge of mental health issues.
- ✓ Challenge pre-existing beliefs about mental health problems.
- ✓ Help enable early recognition of those who are struggling.
- ✓ Encourage an empathetic response to those needing help.
- ✓ Break down stigma associated with mental health concerns.
- ✓ Empower educators and students to make better choices and decisions about their mental health.

Find out more

