

Mental Health Awareness

This course is focused on starting a dialogue with children on mental health, raising awareness or employing various protective attitudes and coping skills. Learning about mental health and wellbeing as part of our pastoral care offers many benefits. It;

- Helps children develop key social and emotional skills – e.g. identifying and managing thoughts, promoting wellbeing, helping develop positive coping strategies and building self-esteem.
- Helps children develop spiritual, moral, social and cultural attributes associated with ‘character’, attainment and general achievement in life.
- Helps to keep pupils safe.
- Helps children manage the opportunities, challenges and responsibilities that they will face growing up.
- Normalizes conversations about mental health and wellbeing and seeking help.
- Identifies pupils who might need additional support