

World Mental Health Day toolkit

The theme for this year's World Mental Health Day on 10th October is 'mental health in an unequal world', asking us to think about the issues that cause mental health inequality both locally and globally.

Stigma and discrimination towards those with mental health issues is one key reason for these inequalities. Almost 9 out of 10 people with mental health problems say that the stigma surrounding mental health has a negative impact on their education, work and personal lives. The stigma around mental health can make it more difficult for those having difficulties to seek help.

This World Mental Health Day, in our schools, colleges and communities, we can work towards ending the stigma around mental health, opening up conversations and normalizing the discussion of mental health and wellbeing in our classrooms.

In this toolkit, there are some resources to help you run activities or lessons about mental health with your students to mark World Mental Health Day. There are also several resources for students and staff about mental health stigma and how we can combat it.

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National Centre for
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Sign up to the
Mentally Healthy
Schools newsletter
for more resources

Mental health awareness resources

We all have mental health: animation & teacher toolkit – Anna Freud Centre

An animation and accompanying teacher toolkit, giving young people consistent and accessible language to talk about mental health, and suggesting further sources of support.

[Go to resource](#)



RSHE lesson for Key Stage 4: recognising mental ill-health – PSHE Association

This comprehensive lesson plan from the PSHE Association explores common mental health conditions and how to recognise the signs.

[Go to resource](#)



HeadEd: mental health lesson plans for teenagers – stem4

HeadEd is a mental health literacy resource for secondary school students, comprised of lesson plans on topics including stress, anxiety and depression.

[Go to resource](#)



Mental health stigma resources

DEAL: barriers to asking for help - Samaritans

A short activity getting students to recognise that there may be stigma and anxiety attached to asking for help, and how to overcome this.

[Go to resource](#)



What is mental health stigma? – Time to Change

A lesson plan exploring the concepts of stigma and discrimination and how they can stop us getting the mental health support we need.

[Go to resource](#)



Stigma and mental health provision e-learning - MindEd

A free e-learning session about mental health stigma for those who work with children and young people. Practitioners will learn more about stigma involved in mental health care, and how to take an anti-stigma stance.

[Go to resource](#)



Reducing mental health stigma for school staff – Education Support

A short guide for schools and colleges about how to reduce stigma for staff around mental health, and how to make it easier for them to ask for help.

[Go to resource](#)



Tips for starting a conversation about mental health with young people – Mentally Healthy Schools

Speaking about mental health regularly can help break down stigma around asking for help. This document includes conversation starters and advice for starting a conversation about mental health with a young person.

[Go to resource](#)



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