

#inyourcorner

time to change

let's end mental health discrimination

IN YOUR CORNER

Guidance notes



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THANK YOU FOR BEING IN YOUR YOUNG PEOPLE'S CORNER THIS NOVEMBER

One in 10 young people will experience a mental health problem this year and of those who do, nine out of ten will experience negative attitudes and behaviours from others because of it.

Time to Change is a growing movement of people changing how we all think and act about mental health problems and we believe that this generation can be more open about mental health than any before.

You do not have to be an expert to be there for someone with a mental health problem and that's why we are encouraging everyone to be in their mate's corner. That is the simple message behind the four short sessions that you have kindly agreed to lead in your school during November - and we are grateful for your support.

THE FOUR SESSIONS

'Being in your mate's corner' raises the importance of being there for each other and teaches students that they don't need to be experts to support their mates through tough times.

There are four sessions which each last around ten minutes, however there is opportunity for each to be made longer by extending discussions. Each session is designed to suit a presentation format but can be adapted for a classroom, youth group or workshop setting.

The sessions are ready to run in PowerPoint with instructions written in the notes sections and an additional guidance document for each one. Each plan is interactive, using videos, quizzes and spaces for either discussion or reflection depending on the setting.

The videos run through YouTube so it may be worth loading the pages up before the session begins. We find that these sessions work best in four separate sittings, one each week throughout the month of November.

The four sessions are all available to download here:

www.time-to-change.org.uk/november/resources



SESSION 1: MENTAL HEALTH AND MY MATES

1 in 10 young people will experience mental health problems. Being in your mate's corner can make a real difference. This session provides some tips on how to be in a mate's corner and allows young people to consider how they could be there for their mates. In this session young people will watch the five short 'In Your Corner' films.

SESSION 2: MENTAL HEALTH AND ME

This session helps your young people understand that we all have mental health like we all have physical health, and that there are ways we can look after our mental health. The session explores why it is important to look after our mental health and how we can all do that.

SESSION 3: WHAT IS MENTAL HEALTH?

You don't need to be an expert to be in a mate's corner. However, it's useful for all of us to know a little bit about mental health. This session dispels some common myths around mental health and gives the perspective of young people who have experienced mental health problems themselves.

SESSION 4: IN EVERYONE'S CORNER

We can all play our part to make our community a place where nobody feels isolated or ashamed because of a mental health problem. This session looks at the stigma that still exists around mental health problems and gives your young people the opportunity to discuss how they might be able to make a difference.

This is also your opportunity to use your 'In Your Corner' postcards (in your pack and downloadable at www.time-to-change.org.uk/november/resources). The activity at the end encourages your young people to send postcards to show how they will be in their mate's corner.

WHO ARE THE SESSIONS FOR?

These materials and sessions are primarily designed for young people aged between 11 and 18 in any youth setting.

YOUR FREE RESOURCES

We have a range of new, free downloadable sessions and materials to help you talk about mental health with your young people. These can all be found at: www.time-to-change.org.uk/november/resources

Make your own '#InYourCorner' corner

In your pack (or downloadable at the above address) you will find everything you need to create your own interactive 'In Your Corner' corner for the month of November. Why not involve a group of young leaders and get creative? Whether in the corner of your canteen, form room, along a corridor, in the library or by reception - creating an 'In Your Corner' corner can help bring the campaign to life and encourage your young people to think about how they can be there for each other.

You may want to create a post-box where they can send postcards to one another, have a space on the wall where young people can put post it notes about how others have been in their corner, or have a stall where they can make 'chatter boxes' and have simple conversations about mental health.

In your pack you should find:

- The '#InYourCorner' Corner banner to stick on the wall
- Be 'in your mate's corner' posters
- Be 'in your mate's corner' postcards
- Be 'in your mate's corner' badges
- Be 'in your mate's corner' chatter boxes (see folding instructions)

Tweet us **@timetochange #inyourcorner** or send photos to **cyp@time-to-change.org.uk** to let us know how you get on!

Best tweet or photo will be featured on our website!

FOR MORE ADVICE AND GUIDANCE



FOR STUDENTS

thecalmzone.net

CALM is the campaign against living miserably, an award-winning charity that's dedicated to preventing male suicide in the UK. Among other services, they provide a free, confidential helpline that's open from 5pm to midnight every day.

Phone: 0800 585 858.

childline.org.uk

Online, on the phone, anytime, Childline are always available to offer support. **Phone: Call 0800 1111.**

FOR TEACHERS

minded.org.uk

MindEd contains a wealth of information for anyone working with children and young people's mental health problems, including free, open access e-learning modules.

www.educationsupportpartnership.org.uk

A charity championing good mental health and wellbeing of teachers, lecturers, school leaders, support staff and prison educators throughout their careers and during retirement as well as supporting education leaders with a wide range of tools to help improve professional and organisational development too.

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