



Mental Health Training

In preparation for Mental Health Awareness Week 8th-14th May, 7 members of the YHC visited Leytonstone school on Friday 24th March 7 to undertake some training. They were joined by YHC representatives from Leytonstone School and Willowfield School.

It was a great opportunity for the YHC from different schools to work together, share ideas, discuss campaigns and compare the work and training they have all undertaken.

Claire Mulrenan, LBWF Public Health Strategist, started the session with a True/False quiz about mental health statistics. It was shocking to learn that:

- v. 75% of adult mental health problems begin before the age of 18
- vi. 1 in 10 children aged 5-16 so approximately 3 students per class, suffers from a diagnosable mental health disorder A further 15% have less severe problems that put them at risk.
- v. Up to 95% of imprisoned young offenders have a mental health disorder
- v. The costs of mental health problems for the English economy have recently been estimated at £105 billion p.a
- vi. In a UNICEF survey in 2007 the UK ranked at the bottom on children's well-being compared with North America and 18 European countries.



Attendees watched a short but powerful film called The Stand Up Kid , a fictional classroom setting which depicts the difficulties that young people with mental health issues often face:

https://www.youtube.com/watch?v=SE5lp60_HJk

Their next task was to look the use of neutral, acceptable, positive language and the use of unacceptable, negative, and judgemental language associated with mental health issues and the impact this may have.

YHC members were then shown the "Stress Bucket" and it was explained how this demonstrates the impact not having adequate coping mechanisms can have on vulnerable people.

We then looked at the 10 steps to happier living:

Claire then demonstrated a mindfulness exercise to the YHC enabling them to take a few minutes to relax. This was a lovely way to end the session.

We would like to thank Claire for this workshop and to Leytonstone School for their hospitality.