

# Teaching about Mental Health Issues

# Sources of Further Support

[www.pshe-association.org.uk](http://www.pshe-association.org.uk/) – PSHE resources, support and ideas. We can also offer tailored support to PSHE Association members, email info@pshe-association.org.uk or call 020 7922 7950

[www.b-eat.co.uk](http://www.b-eat.co.uk/) – Beat are the UK’s largest eating disorders charity. Their website provides eating disorders support & advice for young people, parents and teachers. Until December 2014 you can access free self-esteem workshops for KS3 via Beat. Contact Jasmine Stedman: 01603 753321 or j.stedman@b-eat.co.uk

[www.self-harm.co.uk](http://www.self-harm.co.uk/) – This is a charity run website providing support and advice for people who self-harm and their families. You can also access their ‘Alumina’ programme via the website which is a 6 week online programme for young people trying to overcome self-harm.

[www.youngminds.org.uk](http://www.youngminds.org.uk/) – Young Minds are a UK based mental health charity focusing specifically on young people. Their website includes a wide range of information for young people, their carers and teachers.

[www.headmeds.org.uk](http://www.headmeds.org.uk) – Is also run by Young Minds and provides information for young people who have been prescribed medication to help with a mental health issue.

[www.cornwallhealthyschools.org/stop-stigma](http://www.cornwallhealthyschools.org/stop-stigma) – Stop Stigma is a resource to help address mental health stigma and to support awareness of mental health in the secondary classroom. It has received the PSHE Association Quality Mark.

[www.Samaritans.org](http://www.samaritans.org/) – info & online support. Helpline: 08457 90 90 90 <24 hour, confidential

[www.childline.org.uk](http://www.childline.org.uk/) – info & online support. Helpline: 0800 1111 <24 hour, confidential

[www.time-to-change.org.uk](http://www.time-to-change.org.uk/) – Time to change aim to reduce mental health stigma. They regularly produce videos about mental health issues, some of which would be suitable for use in class.

[www.mind.org.uk](http://www.mind.org.uk/) – Support & advice, mental health (all ages)

[www.inourhands.com](http://www.inourhands.com/) – Pooky’s site, which includes a regularly updated mental health blog with practical suggestions and information for school staff and parents.

[www.eatingdisordersadvice.co.uk](http://www.eatingdisordersadvice.co.uk/) – another site by Pooky which includes a wide range of information and practical strategies for supporting young people with eating disorders. Aimed at school staff and parents.

**YouTube Channels**

These channels are regularly updated with videos which may be useful for your information. Some of the videos will be suitable for use in class, but not all.

Childline: <http://www.youtube.com/user/childline>

Time to Change: <http://www.youtube.com/user/ttcnow2008>

Young Minds: <http://www.youtube.com/user/youngmindscharity>

Samaritans: <https://www.youtube.com/user/samaritans>

Mind: <https://www.youtube.com/user/MindWebteam>

Beatbullying: <https://www.youtube.com/user/Beatbullying>

National Institute of Mental Health: <https://www.youtube.com/user/NIMHgov>

**PSHE Association resources:**

[Dos and Don’ts when teaching about eating disorders](https://www.pshe-association.org.uk/blogs_entry.aspx?id=18) (blog post)

[Common Misconceptions about Eating Disorders](https://www.pshe-association.org.uk/resources_search_details.aspx?ResourceId=523&Keyword=&SubjectID=5&LevelID=0&ResourceTypeID=3&SuggestedUseID=0) (downloadable resource)

[Talking to Pupils when they make Mental Health Disclosures](https://www.pshe-association.org.uk/resources_search_details.aspx?ResourceId=506&Keyword=&SubjectID=5&LevelID=0&ResourceTypeID=3&SuggestedUseID=0) (downloadable resource)

**Contact Pooky:**

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