

MENTal Health Heroes

Honesty. Education. Respect. Openness. Empathy. Safety.



What is Our Scheme?

 We are aiming to raise **awareness** of the mental health struggles experienced by **young men** through a mentoring scheme.

 We are going to recruit and train **male volunteers** with a history of mental health issues to **share** their **experiences** and **provide support**.

 The sessions will run during PSHE lessons in secondary schools arranged in a **monthly group session**. There will be an **option** for the young males to sign up for **one to one** mentoring if felt needed.

 We will have a **brain box** so students can **anonymously share** their problems which can then be discussed in the sessions.



Why Boys' Mental Health?

1 in 4

People suffer with some form of **mental health problem** ⁽¹⁾

Over 50%

Of mental health problems are established by the **age of 14** ⁽²⁾

75%

Of suicides are committed by **men** ⁽³⁾

 Appropriate **intervention** and **education** at **secondary school** is key in supporting boys during the difficult **transition** from **childhood to adolescence**.

 Research has shown boys are far **less likely to seek treatment** for any mental health problems than girls and this gender disparity continues throughout **adult life**.

 Our scheme therefore aims to **break the stigma** surrounding male mental health, **encourage talking** from a young age and improve the **wellbeing support** for young male students.

Why Mentoring?

We chose to develop a **mentoring scheme** to effectively engage with teenage boys.

Young boys were more likely to respond positively to peer mentoring and support ⁽⁴⁾

The volunteers will use their **own experiences** with mental health to **inspire** boys to come forward and talk about their own mental health to **remove stigma**.

Hearing the **first hand experiences** of their mentors allows the boys to have conversations they otherwise would not be able to.

49% of teenage boys do **not feel comfortable talking** to their **dads** about mental health ⁽⁵⁾

Students are **more likely** to **positively respond** to **peer mentoring**

Volunteers find **sharing** their own experiences **therapeutic** and a relief

Talking about mental health problems **removes the taboo** and **encourages healthy discussion**

Reduces feelings of **isolation** and alienation for both **young students** and **volunteers**

