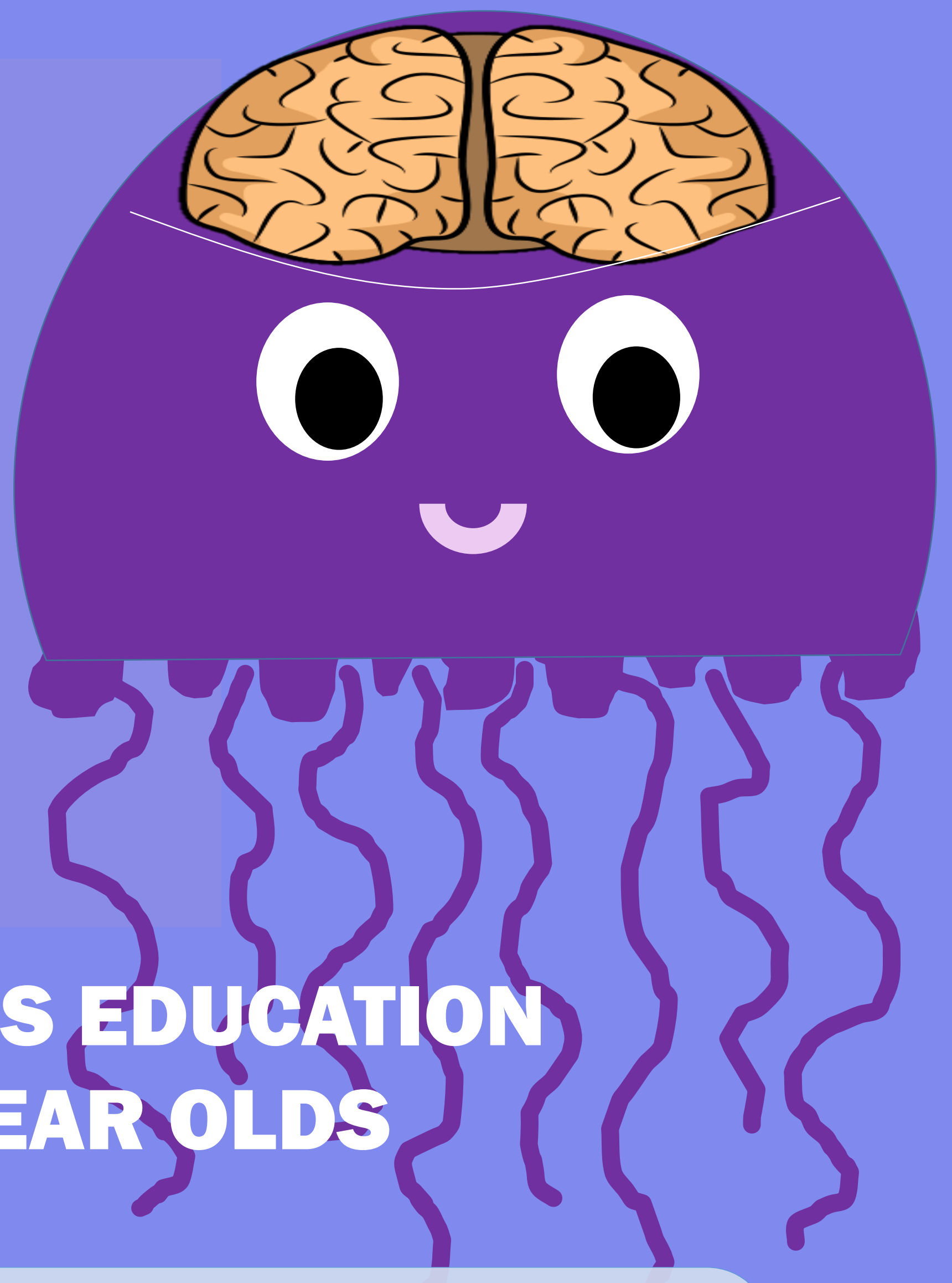


KIDZ-KIND



MENTAL HEALTH AWARENESS EDUCATION PROGRAMME FOR 8-9 YEAR OLDS

The Problem

- Lack of mental health education in schools
- Stigma around mental health
- People not seeking help

The Programme

- A two part programme with interactive activities and games
- Recognising emotions in themselves and others
- Raising awareness of mental health

The Prospects

- Implementation in the curriculum
- Spread across more year groups
- Work in partnership with parents

About
50% of
mental
health
disorders
start
before 15

9/10
people with
a mental
health
disorder
are
affected by
stigma

50% of
people
suffering
receive
profession
al help

1/4 will
be affected
by a mental
health
disorder at
some point
in their
lives