

# Mental Health Roadshow

***Building resilience and supporting emotional wellbeing amongst students***

**A series of interactive and practical twilight training sessions – free for Optimus Education members!**

**26<sup>th</sup> September 2016 – Oldham  
29<sup>th</sup> September 2016 – Northumberland**

**In partnership with the Charlie Waller Memorial Trust**

*Raising awareness fighting depression*



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| 14:00 – 15:00   | <b>Hands-on resilience-building session with students from partner school</b>  |
| 15:00 – 15:30   | <b>Registration and networking</b> – meet fellow schools and discuss common, local challenges surrounding mental health and wellbeing  |
| 15:30 – 16:20<br><b>Session 1:<br/>Resilience</b>                 | <b>Easy-to-implement methods to support students in building resilience and avoid developing unhealthy coping mechanisms</b><br><i>Dr Pooky Knightsmith, Director: Children Young People &amp; Schools Programme, Charlie Waller Memorial Trust</i>                                    |
| 16:20 – 17:10<br><b>Session 2:<br/>Self-harm</b>                  | <b>Immediate strategies to respond to cases of self-harm: Get to the root of the problem to provide informed and appropriate support on an individual level</b><br><i>Dr Pooky Knightsmith, Director: Children Young People &amp; Schools Programme, Charlie Waller Memorial Trust</i> |
| 17:10 – 17:40   | <b>Light refreshments and networking</b> – build your support network and share what has been working well in your school  |
| 17:40 – 18:30<br><b>Session 3:<br/>Teaching<br/>Mental Health</b> | <b>Teaching about mental health: Know how to safely and sensitively talk to students about mental health and build this into your PSHE curriculum</b><br><i>Dr Pooky Knightsmith, Director: Children Young People &amp; Schools Programme, Charlie Waller Memorial Trust</i>           |
| 18:30 – 19:00   | <b>Networking and close of session</b>   |