

# World Mental Health Day toolkit

World Mental Health Day is coming up on Monday 10th October, and schools and colleges all across the country will be marking the day in lots of different ways.

The theme for this year's day has been designated as 'make mental health and wellbeing for all a global priority'.

In this toolkit, we have included a number of resources to help you improve your students' understanding of mental health and get them talking about it on World Mental Health Day.

The resources are split into lessons for whole classes, and activities to do with smaller groups or individual young people.

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# **Resources**

## **Resources for whole classes**

### **We all have mental health: animation & teacher toolkit – Anna Freud Centre**

An animation and accompanying teacher toolkit, giving young people consistent and accessible language to talk about mental health, and suggesting further sources of support.

**[Go to resource](#)** 

### **DEAL lesson plan: building resilience – Samaritans**

This lesson plan introduces young people to different emotional coping strategies, and the concept of resilience.

**[Go to resource](#)** 

### **What is emotional health? - Samaritans**

This class activity will get students thinking about the concept of emotional health, and how it links to and differs from physical health.

**[Go to resource](#)** 

### **Stories about teenage mental health – BBC Teach**

A series of powerful animated short films exploring through personal testimony the experiences of teenagers dealing with mental health issues including eating disorders, anxiety, addiction and depression.

**[Go to resource](#)** 

## Resources for small groups or individual children

### **Wellbeing action plan – Charlie Waller Trust**

A booklet for young people to complete to help improve their wellbeing and to refer to in times of distress.

[Go to resource](#)



### **How do I change my thoughts? – Birmingham City Council**

This activity booklet uses CBT techniques to help young people recognise and challenge negative thoughts and unhelpful behaviours.

[Go to resource](#)



### **What's up with everyone? – University of Nottingham**

This series of animated videos and accompanying information for young people aims to increase mental health literacy.

[Go to resource](#)



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