

World Mental Health Day is a day for global mental health education, awareness and advocacy against social stigma.



WORLD  
**MENTAL  
HEALTH**  
DAY  
OCTOBER 10



**STUDENT  
SIGNPOSTING  
SERVICE**

**RAN BY THE STUDENT WELFARE  
AMBASSADORS**

# WHO ARE WE?

- The Student Welfare Ambassadors are a group of Year 11 students who want to raise awareness of mental health issues among children and young people.
- No problem is too small to be a real problem. That is why we are here to support you, no matter how big or small it is.

# WHAT DO WE DO?

- The Student Welfare Ambassadors of Wyvern Academy aim to challenge the stigma and discrimination around mental health.
- We provide you with information on where to go for support and how to help yourself through difficult times.
- We additionally raise awareness by putting up posters around school that offer you advice/help but also contain statistics that may surprise you.

# PSHE LESSONS

- In PSHE for the next couple of months you will be taught about different mental health illnesses.

“There is a mental health crisis in our classrooms. 3 children in every classroom have a diagnosable mental disorder and 90% of school leaders have reported an increase in the last 5 years in the number of students experiencing anxiety, stress, low mood or depression.”

**-YOUNG MINDS**

**IF YOU SUPPORT US AND WANT TO  
MAKE A CHANGE, PLEASE RAISE YOUR  
HAND SO WE CAN WORK TOGETHER  
TO MAKE A DIFFERENCE**

<https://youtu.be/wziaKWe9oZ4>