

Minds Up Mental Health Workshops

South East London Mind mental health training team is delighted to be able to work with year 5 and 6-students at Alderwood Primary School on our project **Minds Up**.

This interactive project, working with one class at a time, will provide participants with the opportunity to reflect and build upon a shared understanding of mental health. It aims to provide students with opportunities to build new knowledge and skills, enabling them to better understand and support their own wellbeing and the mental wellbeing of those around them.

Session Objectives

During this course we will:

- Develop a shared understanding of mental health
- Develop recognition of the importance of looking after our own wellbeing and what this looks like
- Address common fears and concerns, focusing on coping techniques
- Normalise talking about mental health through enriching group discussions
- Develop personal methods and resilience
- Provide information on support services available and how to access them

This project, which began in 2021, was made possible thanks to in-memory donations kindly donated to BLG Mind by two families based in the borough of Bromley. It is now being delivered across several London boroughs.

Please direct any questions about the project and your child's involvement to Alderwood Primary School.

You can find out more about SEL Mind and the Minds Up project on our website www.selmind.org.uk

Yours sincerely,

Elisha Roberts
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We're South East London Mind. We help people to be mentally healthy and work together with those experiencing mental health problems and dementia to improve their quality of life.