

Helping Schools

...support the young people of Tunbridge Wells



crossteach

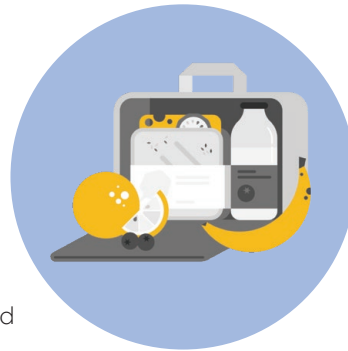
**life&
soul**



Mental Health Awareness in schools

Who we are

We are a Christian Mental Health Charity, who provides a home and support for over 60 people who experience life changing mental health challenges. In addition to this work, we have been supporting the teaching of Mental Health Awareness in our local schools for over 10 years and have used the last year to relaunch this venture as **REBOOT** but still remain committed to providing our young people with the support they need to enjoy good mental well-being. Our aim is therefore to support schools in delivering regular mental health awareness lessons to empower personal development for each pupil. Our experienced team are DBS checked and carry out regular safeguarding and mental health training.



Unlocking The Tool Box of Steps to achieving Great Mental Health

What we stand for

We are inspired by the love of God and the example of Jesus Christ:

- to deliver care and support to people with poor mental health - recognising potential, encouraging independence, and promoting self-worth
- to combat the exclusion and stigma often experienced by people with poor mental health
- to promote improved mental health in the community through information and education.

"Sara has helped me a lot because I was really panicked about secondary school but now I feel much better".
YEAR 6 PUPIL

What we offer

Secondary Schools

Our work in secondary schools offer lessons in line with the current PSHE statutory guidelines and **Bitesize mental health** for school assemblies. For the full list please refer to our website listed below. If you are looking for an introduction to kickstart your topic then our **Toolbox** (strategies for good mental health) or **Stressbox** (looking at what stress is) one hour lessons could be just what you need.

Our experienced team have also enjoyed joining many of our secondary schools for their yearly PACE days.

Primary Schools

Primary Schools are quick to take up our **Moving On to Secondary School** Course - a weekly one hour session delivered over four weeks. These are usually booked for the end of the summer term but can also be delivered as stand alone topics throughout the year. Topics covered and greatly enjoyed, range from: starting new friendships, looking at anger, how to make decisions, stress, developing an understanding of others and practical advice for starting secondary school.



What does stress look like?

"It helped me realise that secondary school is not the big scary place everyone thinks it is".
YEAR 6 PUPIL

"The presentation was very good, boys were kept fully engaged; it helped my understanding of mental health and the class as a whole".
YEAR 10 TEACHER

"My favourite bit was when Sara brought in 'Bert' to show us how to understand others better".
YEAR 6 PUPIL



Contact

sara.barker@crosswayscommunity.org.uk
www.crosswayscommunity.org.uk