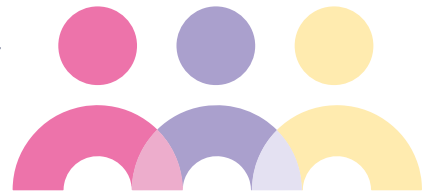


# World Mental Health Day 2023 toolkit: Secondary and FE



World Mental Health Day is coming up on Tuesday 10th October. The aim of the day is to raise awareness of mental health and to drive positive change for everyone's wellbeing. The theme for this year's day is 'mental health is a universal human right'.

This toolkit consists of several resources to help you improve your students' understanding of mental health and wellbeing, and to get them talking about it on World Mental Health Day.

The resources are divided into materials for use with whole classes, and activities to do with smaller groups or individuals.

## Resources



### Resources for whole class

#### [We all have mental health: animation & teacher toolkit](#) – Anna Freud

An animation and toolkit designed to provide young people with accessible language to talk about mental health and wellbeing.

#### [DEAL lesson plan: building resilience](#) – Samaritans

This lesson plan introduces young people to the concept of resilience, as well as different coping strategies for dealing with challenging emotions.

#### [Let's talk about anxiety: animation and teacher toolkit](#) – Anna Freud

An animation and teacher toolkit designed to help normalise anxiety and provide students with tools to manage anxious feelings and seek support.



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## [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.

## Resources for small groups or individuals

### [Wellbeing action plan](#) – Charlie Waller Trust

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

### [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.

### [Wellbeing activities: being kind to yourself](#) – British Red Cross

A set of activities to help pupils to manage difficult emotions, be kind to themselves and look after their own wellbeing.



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