

Contents

★ Introduction: About the pack

★ Introduction to Mental Health and challenging stigma

Changing Places KS 3

Changing Places KS 4

Mental Health Quizzes

- General (plus answers)
- Banes (plus answers)
- A, B, C, D letter set

Life is a lottery

- Lottery cards

Celebrity Match

- Celebrity cards

Challenging Stigma

- PPT BaNES Youth Forum - young people's experience of stigma
- Young people's views on tackling stigma

★ Anxiety Disorders

Anxiety – An insider's view

- 42 quotes

Worries

Panic Attacks

- CAMHS Comic
- Top tips for reducing stress
- Top tips for reducing stress and improving mental health

Stress Quiz

The Worry Tree

- Tree

★ Eating Disorders and Body Image

Body Image – Giving Compliments

Body Image - Mood board

Create the change we want to see

Eating Disorder Comic

- CAMHS Eating Disorder comic

Eating Disorders - Agree Disagree KS 3

Eating Disorders - Agree Disagree KS 4

Eating Disorders - The Battle in my Mind

★ Mood Disorders

CAMHS Depression comic

- Comic page 1
- Comic page 2

Mood Disorders - Agree Disagree KS3

Mood Disorders - Agree Disagree KS4

The Ins and Outs of Depression

★ Self-Harm

Self-harm - Introduction

Self-harm - Agree Disagree

Self-harm myths and misconceptions

- TRUE FALSE cards

Self-harm Distractions

- Distraction cards

Self-harm – Toolbox

- CAMHS Self-harm comic

★ Looking after yourself

Chipping Away

- Audio clip

Ways to wellbeing

- Ways to wellbeing PPT

Healthy habits for good mental health

- 20 habits cards
- 5 ways to wellbeing cards

Healthy, happy schools

★ Getting Help

Circle of Support

Scenario Activity: Where to get support

- Scenarios
- Options cards

★ Resources