



MENTAL HEALTH & WELLBEING

SI-6 RESOURCES



We have created a range of Mental Health and Wellbeing learning sessions and resources for secondary pupils from S1 through to S6. These learning sessions were created in partnership with Brian Costello, director of the company Headstrong. Brian and his team work tirelessly to try and improve the mental health and wellbeing of young people and adults across Scotland.

(click the Headstrong logo above for more information on what they do)

WHO CAN USE THESE?

Teachers – these ready to use mental health and wellbeing learning sessions are complete with detailed plans.

Young people – the sessions provide advice and understanding around mental health and wellbeing.

Parents/carers – these resources provide a greater understanding about mental health and wellbeing to help support the young people in your lives.

S1 - 3



1

HOW MENTAL IS
MENTAL HEALTH ?



2

WHAT IS
NORMAL?



3

BECOMING
OURSELVES



Six exciting sessions were developed focussing on different aspects of mental health & wellbeing. Each can be used as a stand-alone learning session or as a complete series. Each learning session comes with a lesson plan with activities for teachers to use in class in conjunction with the videos.

4

TEACHING
PEOPLE WHO
WE ARE



5

MISSION
IMPOSSIBLE



6

HELLO TO
MOTIVATION



S4 - 6



1

UNDERSTANDING OUR
FEELINGS/EMOTIONS - WHAT IS
MENTAL HEALTH ?



2

EMOTIONAL RESILIENCE -
MANAGING STRESS OVERLOAD
AND WHAT STRATEGIES MAY
WORK FOR YOU



3

OVERCOMING HURDLES
(COULD BE GOING OUTSIDE,
ATTENDING SCHOOL EXAMS)



4

POSITIVE BEHAVIOURS -
COMMUNICATION, POSITIVE
RELATIONSHIPS, SELF-ESTEEM
BOOSTERS



We delivered four live learning sessions with each session featuring a live Q & A giving young people an opportunity to directly ask Brian specific questions. These sessions provided advice and understanding around mental health & wellbeing for young people at their particular age and stage in their lives.

National e-Learning Offer

www.e-sgoil.com

