



Mental Health Awareness in Schools

A Case Study

Encouraging and guiding children to think about their own mental health and wellbeing are vital skills you can teach from a young age.

“Ann-Marie and Sylvia visited Fynamore on Wednesday 23rd January to deliver a KS1 and KS2 assembly. They were both so friendly and warm towards the staff and children. The assemblies were well-prepared and fully resourced. We loved the fact that they didn't rely on a PowerPoint but instead brought physical/hands on resources.

The children engaged well with both Sylvia and Ann-Marie and were interested and excited about what they were learning. They built on children's prior learning and related the sessions to books that the children may have read such as A Big Bag of Worries.

The sessions were well differentiated for KS1 and KS2 and the children were keen to be involved and ask questions. Thank you Ann-Marie and Sylvia. We look forward to working with you again in the future”.

Fynamore School in Calne



“I just wanted to say a big thank you again from all the staff and children at Fynamore for your amazing assemblies and wonderful workshops during Children's Mental Health Week. We are very grateful for you giving up your time to deliver these this week.”

Fynamore School—Mental Health Week 2023



Wiltshire Mind offer school assemblies, class workshops, parent workshops and online video resources.

Helping children and young people of all ages understand and recognise common mental health problems and to reduce the stigma by talking openly about key themes and encouraging young people to do the same.

Email: training@wiltshiremind.co.uk