

proud to support

**time to change**

let's end mental health discrimination

# Time to Change

## Information Session

29 March 2017 4-5.30pm

Devizes School

This generation can be more open about mental health problems than any before.

**Come and find out about our free resources, information and support for Wiltshire schools.**

For more information and to let us know you're coming, please email:

[Jennifer.Taylor@rethink.org](mailto:Jennifer.Taylor@rethink.org)



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Mental health stigma and discrimination can have a profound impact on young people's lives; preventing them from fulfilling their potential or seeking help, leading to loneliness, depression and loss of confidence. Most worryingly, young people told us it made them want to give up on life.

That's why **Time to Change** has been running a national programme to end mental health stigma and discrimination. From digital advertising to leadership programmes in schools, Time to Change has started the conversation with over **1.27 million** young people and secondary school staff about mental health.

Time to Change offers schools an array of training opportunities for staff and students as well as access to key resources from our campaign. We aim to create a positive environment for young people and teachers to talk more openly about mental health and tackle stigma and discrimination in their schools. We offer:

- A '**Training for Trainers**' session, attended by 2-3 members of staff from different schools, which aims to equip staff with the knowledge and skills to better educate students about mental health stigma and discrimination.
- A **young leadership training** session for a group of students who you have chosen to take forward a Time to Change campaign within the school.
- The opportunity to have **a young person come and speak** to a group of students about their experience of mental health problems in an assembly, in form time or in a lesson.
- The chance to sign up to **Time to Change activities throughout the year** to run and participate in the school.
- Access to **free resources** from the Time to Change website, including ready to run session plans, videos and blogs.

<https://www.wiltshirehealthyschools.org/partnership-projects/time-to-change/>

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