

Activity Card 1 : Getting started

1. **Appoint** a spokes person and group leader
2. **Introduce** yourselves briefly saying name / school / role
3. **Discuss:**
 - What do you see as the main issues around mental health in your school?
 - What do you hope to achieve as the Senior MH lead?
4. **Feedback** from group leader **3 points only** choosing from
 - What common issues arouse
 - How helpful the conversation was
 - Questions that may have arisen