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**time to change**

let's end mental health discrimination

# Time to Change

## Train the Trainer Session

### Tuesday 6<sup>th</sup> March, 4-6PM

Melksham Oak Community School  
Bowerhill, Melksham, Wiltshire, SN12 6QZ

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

Sign up for free training from Time to Change.

For more information and to let us know you're coming, please email: Jennifer Taylor  
[Jennifer.taylor@rethink.org](mailto:Jennifer.taylor@rethink.org)



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## **Training for Trainers (2 hours)**

'Training for Trainers' aims to equip staff with the knowledge and skills to better educate students about mental health stigma and discrimination. It is a ready to run session package which can then be delivered directly with your students. The session covers:

- Facts and figures about mental health problems
- Understanding the Mental Health Continuum
- Focus on common mental health issues affecting young people
- Testimony from a young person with lived experience of mental health problems.
- Mental health and language
- Tools for challenging stigma and discrimination
- The 'In Your Corner' campaign
- Action planning – how to take this forward in your school

Schools and youth organisations may sign up 2-3 members of staff to attend. Please contact Time to Change on [Jennifer.taylor@rethink.org](mailto:Jennifer.taylor@rethink.org) for more information or to sign up.

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