World Mental Health Day Assembly Script

It’s important that mental health is regularly spoken about in school to help end mental health stigma and ensure young people are aware of how to look after their own mental health and support peers.

This assembly was created for World Mental Health Day, but it can be adapted and used any time of the year.

**Slide 1**

Welcome!

Today we are going to be learning about World Mental Health Day, what mental health is and the practical ways that we can deal with stress.

*Ask pupils if they have heard of World Mental Health Day?*

*Ask the audience what they know about World Mental Health Day?*

**Slide 2**

On the 10th October every year, countries around the world take part in World Mental Health Day and focus their efforts on improving mental health support.

**Slide 3**

What is mental health?

*Ask the audience for their suggestions.*

**Slide 4**

Mental health includes our emotional, psychological, and social well-being.

It affects how we think, feel, and act.

It also helps determine how we handle stress, relate to others, and make choices.

**Slide 5**

1 in 6 young people aged 16-24 has symptoms of a common mental disorder such as depression or an anxiety disorder.

*Ask pupils if they thought this number would be higher or lower?*

**Slide 6**

*Ask the pupils what they think the missing percentage figure is.*

What percentage of young people have felt so stressed by pressure to succeed that they have felt overwhelmed or unable to cope?

**Slide 7**

**60** percent of young people have felt so stressed by pressure to succeed that they have felt overwhelmed or unable to cope.

**Slide 8**

*Ask pupils for their suggestions for the blanked-out text.*

80% of young people saying that **\*blank\*** pressure has significantly impacted on their mental health.

**Slide 9**

80% of young people saying that **exam** pressure has significantly impacted on their mental health.

**Slide 10**

What is exam stress?

Working towards exams can creating feelings of worry, being under pressure and sometimes anxiety.

And anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.

**Slide 11**

Although exams are a while away, if you start to learn how to spot the warning signs of stress and how to manage it now. You will be better equipped to deal with at the time, if you do start to feel stressed.

Some of the stress warning signs to look for are:

* Sleep problems
* Struggling to switch off
* Feeling overwhelmed
* Feeling irritable
* Getting headaches
* Eating too much or too little
* Difficulty concentrating

**Slide 12**

How can you tackle stress and take back control?

*Ask pupils for their suggestions*

**Slide 13**

Getting a good night’s sleep is really important.

*Ask pupils what they think is important for getting a good night’s sleep.*

*(E.g. not staying up late, not eating sweets or chocolate before bed, turning your phone off a bit before you go to sleep, reading a book)*

**Slide 14**

Practice meditation

Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state.

**Slide 15**

Practice mindfulness

Mindfulness means paying full attention to something and taking your time to really notice what you're doing.

**Slide 16**

Get active!

Whether it’s exercise or getting outdoors for some fresh air.

**Slide 17**

Eat a healthy meal

**Slide 18**

If you’re ever feeling overwhelmed or stressed and need some support or advice you can send a message on tootoot.

Tootoot is a safe and confidential place to talk about anything that is worrying you.

**Slide 19**

To use tootoot you can go to [www.tootoot.co.uk](http://www.tootoot.co.uk) or use the app

**Slide 20**

Then enter [school name]

**Slide 21**

Next enter your log in details

**Slide 22**

Finally enter your message and click make a noise

**Slide 23**

Communication is one of the key ingredients to success and happiness.

Always tell a teacher, a friend or **tootoot** if something is making you feel stressed, unhappy or unsafe.

**Slide 24**

If you forget your tootoot login, please speak to ……………