

SCHOOLS PACK

ABOUT WHOLE HOUR

Each year an estimated 20% of children and young people worldwide experience mental health difficulties.

With the #IAMWHOLE campaign, YMCA are on a mission to tackle the stigma and stereotypes surrounding mental health difficulties so no young person ever feels isolated, marginalised or discriminated against because of their mental wellbeing.

This World Mental Health Day we want people around the world to show their support by taking a WHOLE HOUR out of their day to do something to support their mental wellbeing.

By taking a WHOLE HOUR, you'll be championing the importance of self care and taking time to look after your mental health.



JOIN THE MOVEMENT ON WORLD MENTAL HEALTH DAY

On the 10th October 2019, we want young people to take a WHOLE HOUR for themselves.

We recognise that everyone is different, and what works to improve one young person's mental health, doesn't necessarily work for the next. However, there are some simple and proven things we can all do to look after our mental health.

Whether it is doing something active and healthy, creative and fun, mindful and thoughtful, or restful and relaxing, there are a variety of things young people can do to make them feel good.

WHOLE HOUR is designed to be flexible, so there are lots of ways your school can join in across the day on the 10th October 2019. To help get you started, we have set out some ideas for things that your school could do during WHOLE HOUR on World Mental Health Day no matter what age of children or young people you work with:

- Running mindfulness, yoga or meditation sessions
- Putting on sports and fitness sessions
- Organising arts and crafts sessions
- Providing opportunities for volunteering
- Offering talking sessions (e.g. tea 'n' talk, walk 'n' talk)
- Running healthy cooking sessions
- Putting on a disco or dance sessions
- Organising music sessions or a concert

Join us!

World Mental Health Day

10th October 2019

POWERED BY:

YMCA

PRESENTED BY:

#IAMWHOLE

You could support your **WHOLE HOUR** activity by putting on mental health awareness sessions or assemblies for pupils, encouraging them to speak out, seek help in their time of need and ensuring they know where to go if they need information, support and advice.

But this list is not exhaustive, there are lots of different things your school can do with your **WHOLE HOUR**. Why not speak to your pupils and get them involved in planning what your school does with its **WHOLE HOUR**?

To help promote and show your support for **WHOLE HOUR** in your school as well as online, you can also download a range of posters, flyers, and digital graphics and digital banners from wholehour.com.

STAY IN TOUCH

Whatever you decide to do on World Mental Health Day, we want to hear from you.

Share your **WHOLE HOUR** plans and stories on social media using the hashtags **#IAMWHOLE** and **#WHOLEHOUR**. If you need inspiration visit wholehour.com.

The **#IAMWHOLE** campaign aims to tackle the stigma and stereotypes surrounding mental health and encourage young people to speak out, seek help and get support.

The **#IAMWHOLE** campaign seeks to tackle stigma in three key ways:

Talking - Starting and normalising conversations with young people about mental health

Educating - Educating and informing young people about mental health and how to access support

Sharing - Encouraging young people to share their experiences of mental health difficulties

Launched on World Mental Health Day 2016, **#IAMWHOLE** is a youth-led campaign that has reached more than 120 million people, but we want to go further.

YMCA is the largest and longest running youth charity in the world, operating in 120 countries, and reaching 65 million people each year. YMCA works to bring social justice and peace to young people and their communities, regardless of religion, race, gender or culture.

If you want to find out how you can get involved in the **#IAMWHOLE** campaign beyond World Mental Health Day, you can find out more at whole.org.uk or by emailing iamwhole@ymca.org.uk

Sign the pledge at ymca.org.uk/wholepledge

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