

Heads Up

Contact us if you would like to invite us to your school, college or university:

 023 8202 7810

 headsup@solentmind.org.uk

 Solent Mind, 15-16 The Avenue, Southampton SO17 1XF

We're Solent Mind, the leading mental health charity across Hampshire. We're here to make sure that anyone with a mental health problem has someone to turn to for advice and support.

Find out more at www.solentmind.org.uk

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Heads Up

Helping young people to understand more about their mental health and wellbeing



“ Without the Heads Up project and their support I can honestly say I would definitely not be at this point in my life. I would never have had the courage to attend university and I probably would still be at the point where I would be pretending I'm okay when I really am not. ”

Registered Office: Solent Mind, 15-16 The Avenue, Southampton, SO17 1XF
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Information for
parents, teachers
and other education
professionals


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About Heads Up

Being a young person today has lots of challenges. Pressure from exams, personal relationships and life's ups and downs can lead to difficulties with people's wellbeing.

Heads Up is a project run by Solent Mind, the local mental health charity, in local schools, colleges and universities. We work to inform and educate young people about their wellbeing and mental health. We aim to equip young people with coping strategies so that they can manage their own wellbeing.

Our staff and volunteers have lived experience of mental health issues and will come to your setting to deliver a range of activities to engage with young people. We believe passionately that early intervention is the key to helping young people understand their mental wellbeing.

Here's how we can help:

- 1 We speak at assemblies, parents' evenings and staff training events, to help people learn more about young people's mental health and challenge stigma.
- 2 We provide workshops in a wide range of topics including exam stress, body image, anxiety management and general mental health awareness. Workshops can be tailor-made to suit your needs.



- 3 We offer the Decider life skills workshops for young people. This teaches coping strategies to improve young people's wellbeing and give them the tools to manage their day to day emotions.
- 4 Our group work focuses on supporting specific individuals with emotional difficulties. Topics may include understanding body image, building self-confidence and coping with exam stress.

Please get in touch to talk about how we can work with you to support your young people:

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“ Heads Up works with me to support the school's PSHE programme. It delivers a variety of sessions to our various age groups on mental health issues. The activities are excellent and are always well received by both staff and pupils. Heads Up is so well respected that a House has decided to support the Solent Mind charity this academic year. ”