

# 05 ABOUT ENGAGING WITH ...IN YOUR SCHOOL OR COLLEGE:

1. Mental Health Lead/Pastoral Lead – find out more about these roles in the further ideas and information section.
2. Headteacher and other senior figures in your school/college.
3. Form Tutors – young people often report that the first person they will speak to if they are feeling anxious, worried, or low, is the teacher with which they have most regular contact (often the Form Tutor). It is therefore important that they are engaged with the 'Just Talk' messages, that they are role modelling positive attitudes in relation to mental health and mental illness, and that they know where to signpost young people to if they come to them with emotional difficulties.
4. Other key people involved in promoting mental health of students (this will vary from school to school, but may include an in-school Counsellor).
5. School Council – You may find that your school council would be interested in getting involved in helping you to promote 'Just Talk'.
6. The School's Parent Teacher Association.
7. The School's Governors - particularly if one has responsibility for wellbeing or safeguarding.

# ...IN YOUR COMMUNITY:

- 1 People involved in running faith and community groups.
- 2 Parents and carers – there may be existing groups of parents/carers that you are aware of, but if not, you could ask your school for advice on how to engage with parents.
- 3 People running community youth groups e.g. Scouts, Guides, sports clubs, drama groups, etc.
- 4 Local politicians or political groups (MP's, County Councillors and District Councillors). Your local council will have all the contact details on their website.
- 5 Online and social media.
- 6 Patient Support Groups.
- 7 Local Youth Projects.
- 8 Community Radio & Local newspapers.



