



## Our Mental Health Ambassadors

At Withycombe Raleigh Primary School we take the mental health of our pupils and the whole school community very seriously. In collaboration with Early Help for Mental Health we are introducing the Mental Health Ambassador Programme.

**Aim:** For the Mental Health Ambassadors to help develop a mentally healthier school environment.

**Mental Health Ambassadors:** During January and February 2019, selected pupils attended workshops held at our school. These sessions focussed on:

- The Mental Health Ambassador Programme
- Understanding Mental Health
- Understanding ways to help ourselves

Two pupils from each class who became an MHA received a badge to wear in school so they can be identified by other children. As we had so many children keen to take part, we have also enrolled Deputy Ambassadors.

MHAs can become involved in:

- Helping to think about how we as a school promote good mental health (eg our Pick & Mix posters)
- Assemblies that look at mental health
- Ways we can hear the pupil voice in our school.

There will be many different roles that our pupils will get involved with. Some vital roles are behind the scenes, helping to promote good mental health, while other roles are for those MHAs who are happier talking in groups.

---

For more information about this scheme, please go to [www.eh4mh.co.uk](http://www.eh4mh.co.uk)

The Early Help for Mental Health (EH4MH) service funding has been secured by Devon County Council and Public Health for the next 5 years. EH4MH is being delivered by 3 partner agencies working together.

Positive mental health is the foundation on which we as individuals can live healthier lives. With positive mental health we are more likely to be motivated and engaged in our learning, realise and achieve our potential, choose healthier lifestyles, engage in all the world has to offer, shout out when abuse is occurring, seek help when times are tough and recover a sense of wellbeing and achievement following traumatic experiences.