

Top 5 resources for schools

World Mental Health Day 2023

It's **World Mental Health Day** on Tuesday **10th October** and for schools across the UK, it marks an opportunity to focus on the benefits of positive mental health and wellbeing for all.

The theme for this year's World Mental Health Day is '**mental health is a universal human right**', so we're sharing our top 5 resources with you and your school to help highlight the importance of positive mental health.

We hope you enjoy our resources! Please feel free to share them with any colleague who may benefit!

The OLT Team



39.2%

of 6 to 16 year olds had had experienced deterioration in mental health since 2017



1 in 6

children aged 5-16 likely to have a mental health problem



50%

of mental health problems are established by age 14



5%

increase of annual rate of self-harm incidents per 100 children and young people in the UK

Top 5 resources for World Mental Health Day

1 SENBITE: Classroom based mindful activities

School can be a triggering environment for many children and young people with SEN and mindful activities and techniques can really help them overcome and manage anxiety. Discover how with our classroom based activities for children with autism or SEN.

Watch now!



2 SENBITE: Horse meditation: mindfulness techniques

Provide children with the tools they need to build confidence and cope with stress with our Horse meditation. A perfect introduction into connecting with the self; this 20 min meditation hosted by Lisa Watson, guides listeners on a relaxing journey of soothing visuals and effective breathing techniques. It's the perfect mindfulness tool for both students and teachers alike. Suitable for age 5+

Listen now!



On demand webinar:

3 Anxiety and Depression - Awareness and Strategies

With Lisa Watson (Occupational Therapist) ★★★★★

Now available for free on catch up- join Lisa Watson as she investigates anxiety and depression. This informative session will help you understand the differences and overlaps and offer plenty of insights and evidence-based strategies to support children with mental health needs.

Watch now!



On demand webinar:

4 Being self-harm aware; understanding and interventions

With Lisa Watson 

With mental health difficulties on the rise, pupils are at a greater risk of negative outcomes such as depression and self-harm than ever before. In the second webinar in our mental health series, we share examples of what self-harm looks like as well strategies to help students replace self-injurious behaviours with more age-appropriate coping strategies.

[Watch now!](#)



Further support

5 Mental Health Course

We know how important the wellbeing of your pupils is to you, but it can be difficult to know where to start. All children and young people need to learn in an environment that supports mental health and wellbeing. This course is ideal for designated mental health needs who are new to their role and looking to implement whole-school and individual strategies.

[Find out more...](#)



Stay connected and get in the social swing this October!

You can show your support for World Mental Health Day 2023 by following us on social media and raising awareness to show that mental health matters!

#WorldMentalHealthDay

#WMHD #WMHD2023



Attention educators!

Are you looking for a partner to help you make a real difference in your school? Look no further! Our organisation has been supporting 10,000 schools and helping them to succeed for years. We provide CPD training courses, resources and free webinars to help you reach your goals. Make the most of our experience and join us today - together we can make a difference for all children!

[Find out more...](#)



See what a participant said about us!

“ This course has really opened my eyes to children, and the way they move and organise themselves in the school environment. On learning walks around school, I now look with fresh eyes. I am also able to contribute to discussions with the SENCO about the nature of the difficulties some children are experiencing. I would like all SEND governors to take the OLT courses, as they are invaluable to all colleagues working in the school environment. Great networking opportunities too

– Consultant



(Rated EXCELLENT by our users)