



Mental health support for young people


Sára Ostrolucká, Mária Ďuricová

Background


- The key factor of success and personality development of young people.
- Secondary school – the age of calls, result pressure, social changes.
- Deciding the future- study, career, personal life.
- The impact on psychological balance, emotional stability and ability to deal with stressful situations.




Objectives




To identify
needs and
problems of
pupils in mental
health



To propose
mental health
support
activities in
school
environment



To draw up a
proposal of
implementation
of the proposed
measures and
activities



To evaluate
benefits of
proposed
measures for
school
environment

Analysis

83 % feel safe at school

The most common emotions: tiredness (49 %), stress (41 %), the feeling of joy (30 %), anxiety (22 %)

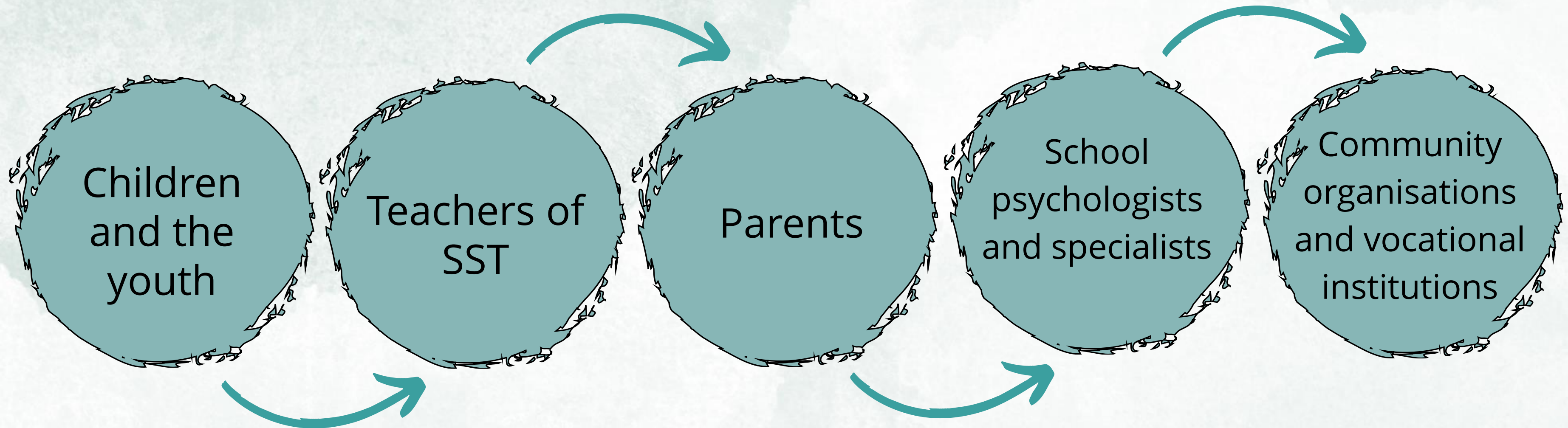
Forms of support: relaxing exercises (28 %), workshops about stress management (21 %), lectures and discussions with experts (20 %), consultancy with school psychologists (18 %)

They talk about their problems with their friends (46 %) and parents (24 %)

Stress sources: testing (51 %), lack of free time (25 %), communication with teachers (19 %), homework and projects (17 %)

The most helpful: music and hobbies (42 %), rest and sleep (41 %)

Target groups



Activity proposals

- Integration of the mental health topic into education.
- Development of social and emotional skills.
- Support of cooperation between schools and community organisations.
- Development of critical thinking, creative skills and social intelligence.
- Creating a safe and inclusive environment.
- Support of mental health and wellbeing.
- Support of healthy lifestyle of children and the youth.

Integration of the mental health topic into education

Lecture: „What is mental health?“
Workshop: „Emotions and how to handle them“
Digital detox
Creative workshops
A gratitude diary
Peer-to-peer support
A week of mental health
Experiential activities in nature

Development of social and emotional skills

- Workshop of empathy
- Solving conflicts training
- A course about emotional intelligence
- Teambuilding activities
- Sports tournaments

- „The gratitude day“
- Peer to peer mentoring
 - Support groups
- Mentoring from external experts
 - A week of cooperation
- Student community projects

Support of cooperation between schools and community organisations

Partnerships with healthcare and organisations
Common projects with schools and community centres
Participation at community events
Educational and awareness activities

Creating a safe and inclusive environment

- „The day of diversity“
- Class rules of inclusion
- The programme „Older brother/sister“
- Support for newcomers
- An antibullying programme

- The campaign „Let´s talk about bullying“
- Regular anonymous surveys
- Creation of a school code of ethics
 - Trust boxes
 - Support circles

Development of critical thinking, creative skills and social intelligence

Art workshops
Courses of emotional and social intelligence
Development of critical thinking
Creative problem solving
Digital literacy

Support of mental health and wellbeing

- A lecture „What is mental health?“
- A course about emotional literacy
 - A lecture about mindfulness
 - Individual consultation with psychologist
 - Group discussions
- The campaign „Life without addictions“
 - One week of digital detox
- Education of teachers and parents
- Activities to support wellbeing and drug prevention

Promoting healthy lifestyle of children and youth

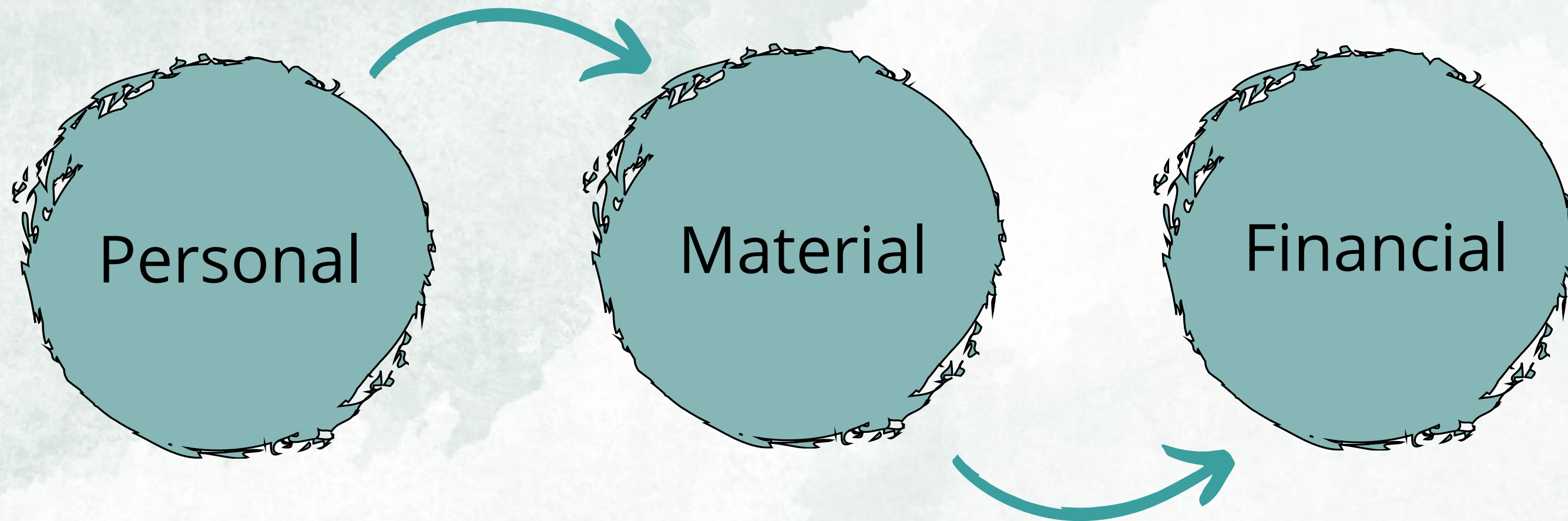
Support of sports activities
School competitions and tournaments organising
Education about healthy diet
Combination of movement and education
Long-term programmes
Healthy school
Fitness challenge
Green lunch

Community centre of young

- A reception and information zone
- A relaxation zone
- A therapy room
- A multifunction room
- An outdoor garden

- Workshops about mindfulness, stress management,
- Sports activities, lectures about healthy relationships and social skills
 - Peer-to-peer programmes
- Community forums between schools, parents and specialists
 - volunteer programmes


Organizational support





Budget

Activity	€
Workshop "Breathing and Relaxation Exercises" - LucYoga	240
Predná Hora Specialized Medical Institute – online lectures	180
IPČKO – Káčko mental health workshop	50
"Health, Exercise and Relationships Day"	500
Winter sports day	300
Costs of volunteer activities	400
Purchase of teaching aids	100
Material support for project activities	400
Hackathon security costs	250
Total	2 420





Feedback



70 % - activities topics correspond to current needs of schools



50 % - activities can be included in education



70 % - potential to improve relationships among students



100 % - activities contribute to safe and inclusive school

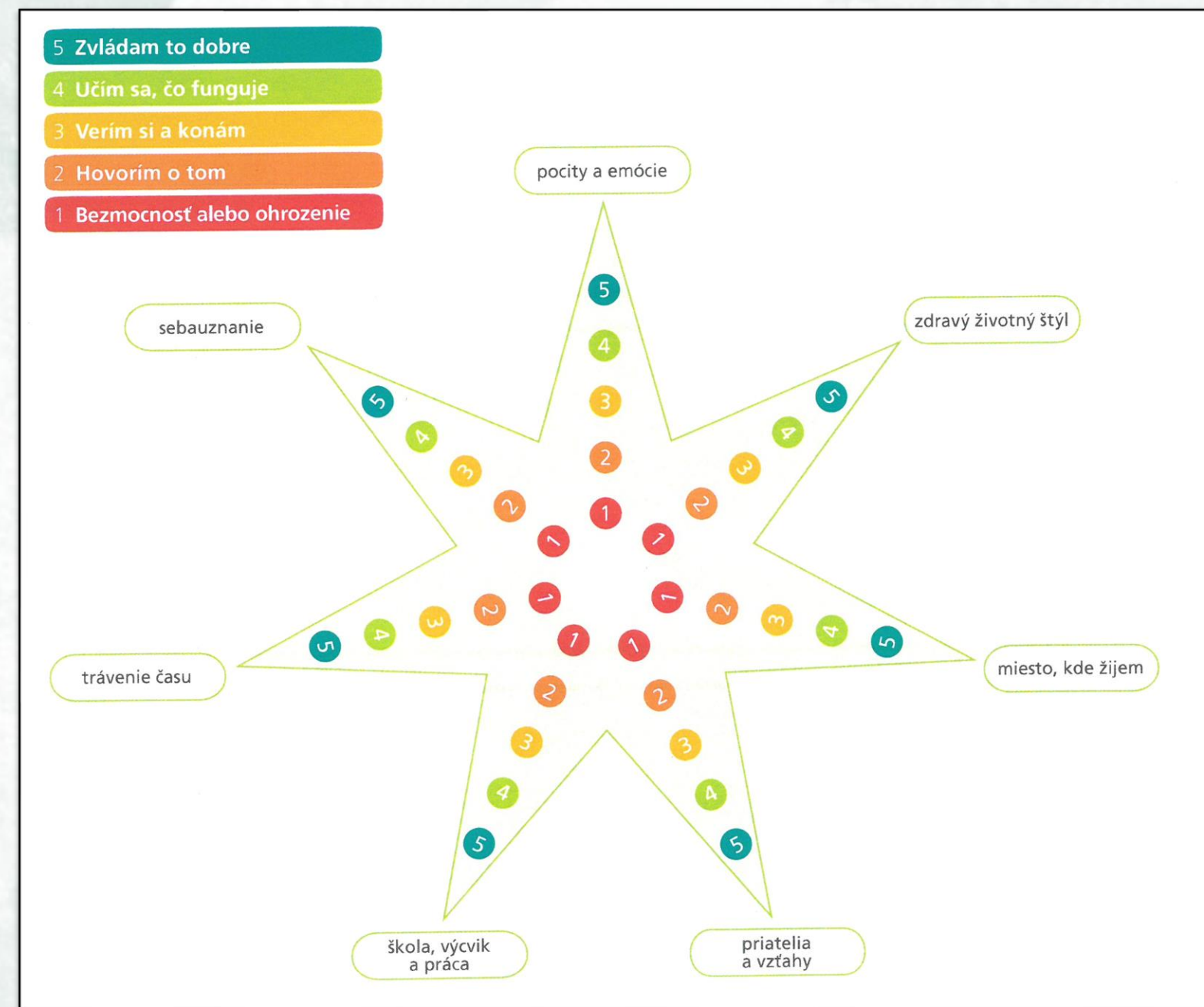
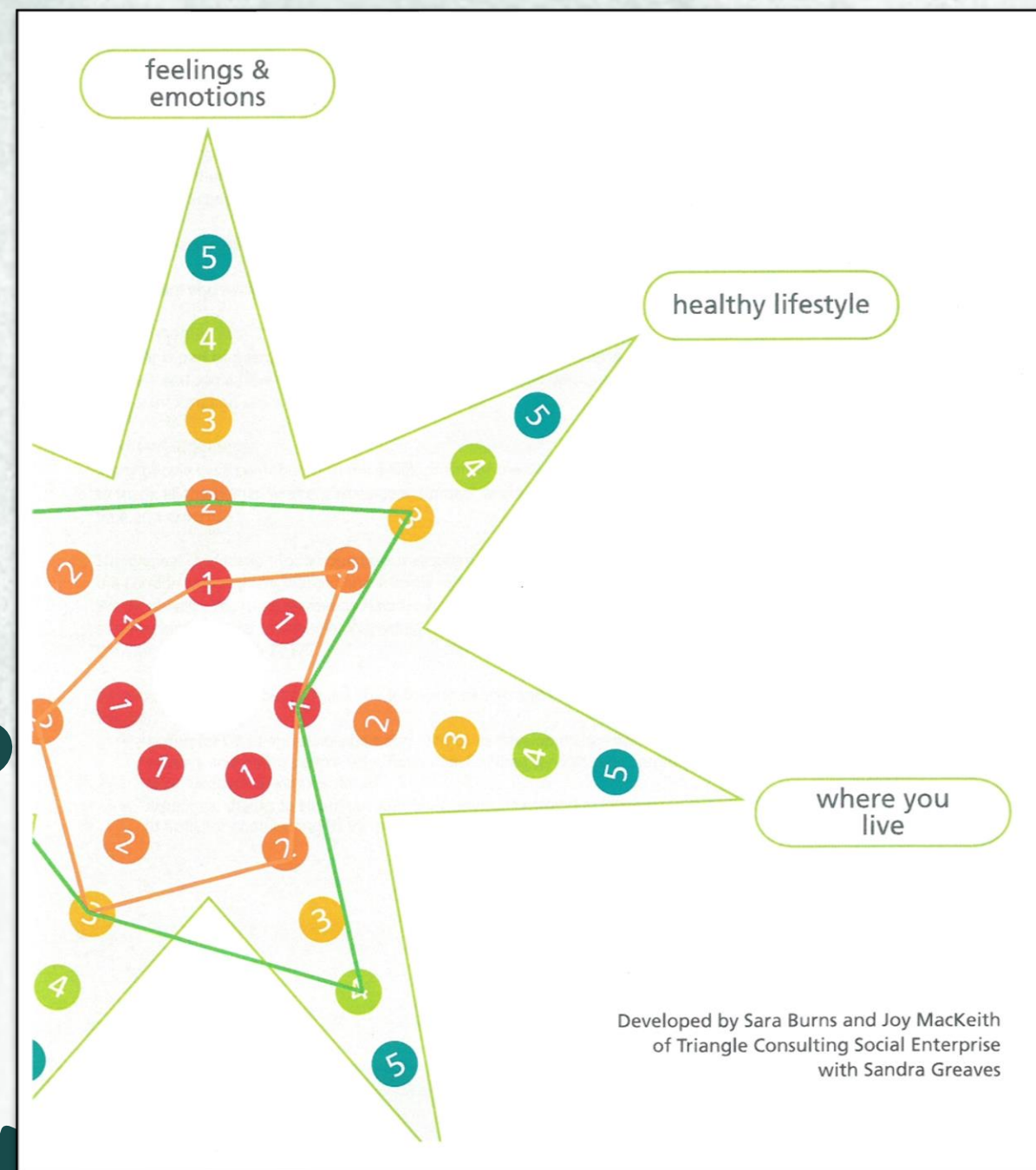


60 % - activities partly realistic
20 % realistic



Activities in our school

My mind star





**Thank you for your
attention!**



**We are looking
forward to your
questions**