

Voice and Engagement Targeted Services

Module Description: Time to Change

This workshop will focus on mental health and will encourage young people to challenge the stigmas attached. There will be quizzes, whole group discussions and smaller group discussions and a presentation. It will look at positive mental health and tips and tricks on how to live a happier life and support each other. It will also introduce a new national campaign, 'Time to Change'.

Course times can vary depending on the needs of the school. Staff from the Voice and Engagement team will deliver the workshop along with support from staff.

Benefits of this initiative:

Diminish negative stereotypes, help young people to understand the vast variety of mental health. Understand that everyone has mental health. Introduce the 'Time to Change' campaign.

Booking Information:

For more information or to book, please contact
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