

## School Mental Health Videos

### 1. Talking Mental Health (5:27 minutes)

<https://www.youtube.com/watch?v=nCrjevX3-Js>

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond. The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

### 2. We Should be Talking About Mental Health at School (3:12 minutes)

<https://www.youtube.com/watch?v=wziaKWe9oZ4>

Three people in the average classroom will experience a mental health problem. We spoke to teachers about the importance of talking about mental health at school. As Lucy says, it's not about having all the answers, but about having a culture of listening and caring for one another. While you don't need to make yourself available for every student, you can contribute towards reducing the stigma around mental health by creating the right environment to facilitate important conversations.

### 3. Why Run Mental Health Sessions in Your School? (4:00 minutes)

[https://www.youtube.com/watch?v=8F\\_8umLWQUE](https://www.youtube.com/watch?v=8F_8umLWQUE)

Staff at Cannock Chase High in Staffordshire tells us about the rewards of creating an open culture around mental health – for both students and staff. For Cannock Chase, the goal is to make talking about mental health as everyday and ordinary as talking about physical health.

### 4. Mental Health Colorado (5:58 minutes)

[https://www.youtube.com/watch?v=8nx\\_B5VuIp8](https://www.youtube.com/watch?v=8nx_B5VuIp8)

[The School Mental Health Toolkit](#) is a blueprint for school mental health services and will guide community members, schools, local leaders, and districts through 10 best practices, including strategies for implementing, funding, and sustaining mental health services in schools.

### 5. What is Mental Health? With Dr. Mike Condra (5:53 minutes)

<https://www.youtube.com/watch?v=aNOBdIMM3mQ>

Let's talk - join Dr. Mike Condra, Queen's University's Director of Health, Counseling & Disability Services for an informative video presentation about mental health and mental illness. This animated video presents practical information about the fundamentals of mental health and mental illness.

**6. Module 1.3a What is Mental Health?** (3:21 minutes)

<https://www.youtube.com/watch?v=ArOTgcMH2G0>

This video talked about the definition of mental health.

**7. We all have Mental Health** (5:39 minutes)

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

We All Have Mental Health is an animation designed to give young people aged 11-14 a common language and understanding of what we mean by mental health and how we can look after it. It has been created for young people in Key stage 3 and can be used with accompanying teaching resources.