

Good Thinking: An Introduction to Mental Health and Wellbeing for Secondary School Pupils

Lesson plan 10: Seeking support

Lesson objectives

- To be able to judge when they or someone they know needs support.
- To know where they can seek help if they have concerns (in school and externally).
- To understand the positive aspects of online support.

Resources needed

- PowerPoint presentation

Information and guidance	Activity
Discuss the range of reasons that might prevent a person from getting help with their mental health and wellbeing. These include not realising there is an issue, not knowing what help is available, not wanting to tell others they're experiencing difficulties, and not knowing how to get help.	Students suggest reasons why a person might not seek or get support.
Explain the importance of reaching out to others and discuss the different people in our lives who can help us if we need help with our mental health or wellbeing.	Students can suggest people to speak to about mental health and wellbeing concerns.
Use the next two slides to discuss reliable sources of information and advice, such as the Good Thinking website and NHS-approved apps. Remind students that they may not need access to support now, but that they – or someone they know – may benefit from them in the future.	Students may wish to make a note of the Good Thinking website and the recommended apps.
Impress upon students that they shouldn't give up seeking support if the first source they go to or the first technique they try doesn't help. You may wish to ensure students are aware of the support available to them in school and any designated individuals they can speak to. Recap the five core routes to seeking support.	Ask students to suggest what a person can do if the first thing they try doesn't help.

Suggestions for further activities

Students could be asked to download and explore one of the recommended apps, then write a review of it, or design a poster to advertise the app, which could be displayed in school to help other students.