



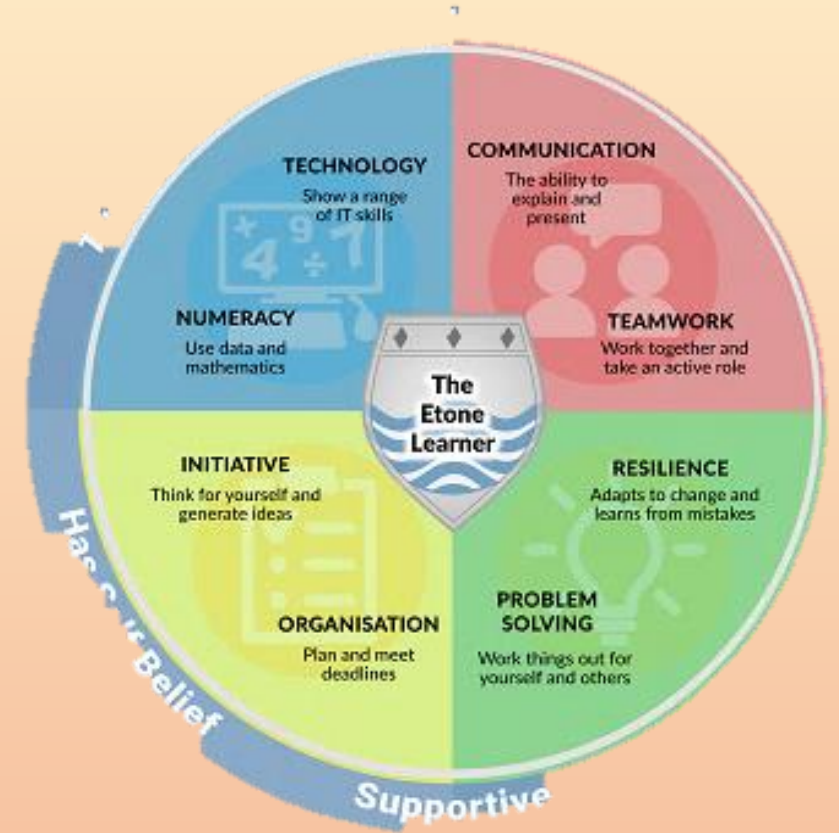
Lived Experiences heard: real voices, real change

The Etone Learner

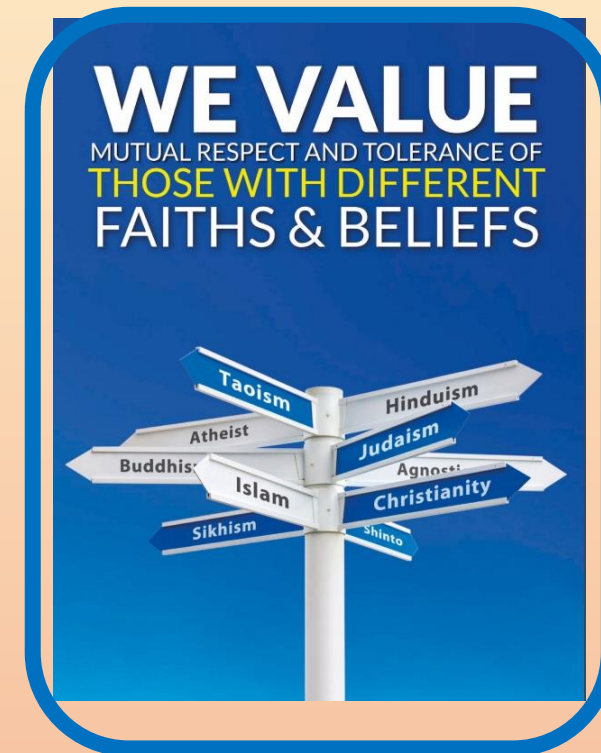
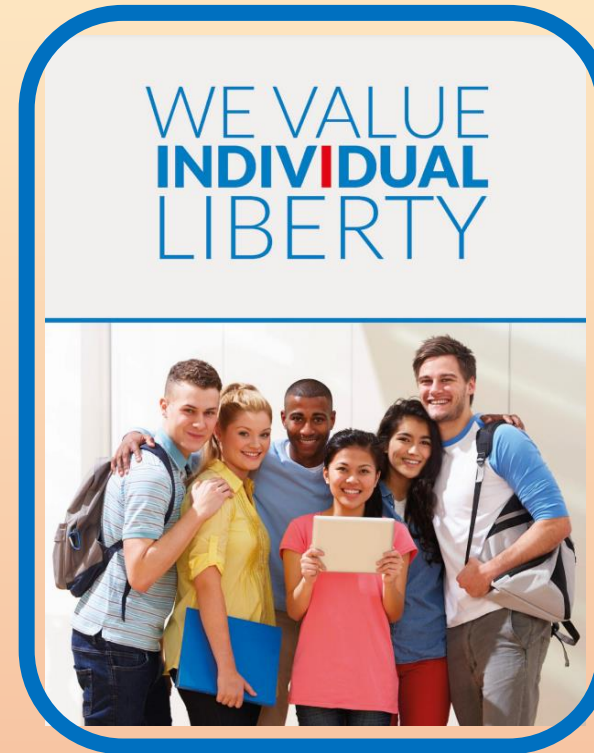
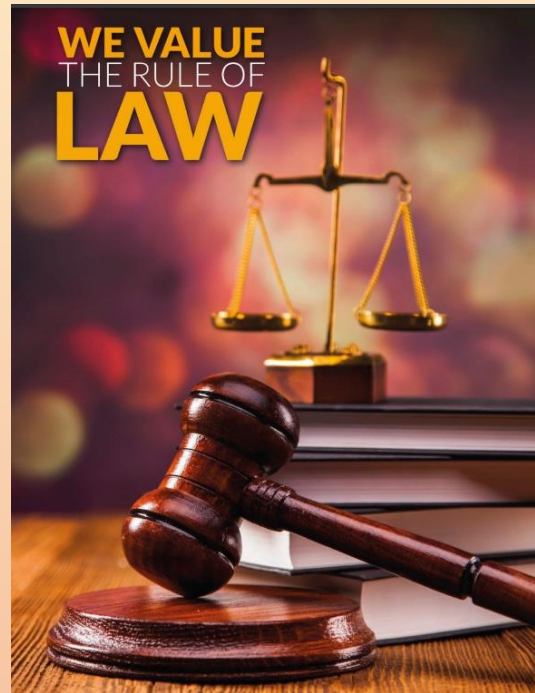
You are an Etone Learner.

As a pupil at Etone College, we will help you to develop key employability skills through all areas of school life. We will also expect you to show demonstrate important values that are shown around the edge of the Etone Learner. The skills and values combined will help during your time at the school as well as prepare you for your future beyond Etone College.

The assembly today will raise awareness of resilience and what you can do to look after your mental well being. It will also raise awareness of the Restart a Heart campaign and how people can use their initiative to save lives.



British Values



World Mental Health Day 2026



- World Mental Health Day 2026 is an opportunity to meaningfully engage with people with lived experience of mental health conditions and to recognise their knowledge as a vital form of expertise.
- Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This year the aim is to highlight the importance of people being able to protect their mental health, whatever they are going through, because everyone deserves good mental health.

The theme of this year's World Mental Health Day is:

“Lived experiences heard: real voices, real change”

<https://www.bbc.co.uk/teach/articles/zxqtqyc#zdbnk7>

World Mental Health Day 2026

- This year for World Mental Health Day, we are going to focus on how we can embed the top tips into our lives.
- Each day we are going to have a focus on a different wellbeing tip.

Day 1 – Connect

‘Connect means to develop meaningful relationships with the people around you to support and enrich your daily life.

On your worksheet, identify one way you already ‘connect’

Watch the video and try to identify something else you could do to develop your connections.

<https://www.hampshirecamhs.nhs.uk/videos-and-podcasts/back-basics-connect-video>



World Mental Health Day 2026



Day 2 – Be Active

Being active means to move your body regularly to release feel-good hormones, lower stress and boost your mood.

On your worksheet, identify one way you are already active.

Watch the video and try to identify something else you could do to develop your activities.

<https://www.hampshirecamhs.nhs.uk/videos-and-podcasts/back-basics-be-active-video>

World Mental Health Day 2026

'Be mindful and
take time to
appreciate the
things around you.'

TAKE
NOTICE

Day 3– Take Notice

Take notice, means to be actively aware of the present moment, including your surroundings, thoughts, feelings and factors that affect you.

On your worksheet, identify one way you already 'take notice'

Watch the video and try to identify something else you could do to develop what you notice.

<https://www.hampshirecamhs.nhs.uk/videos-and-podcasts/back-basics-take-notice-video>

World Mental Health Day 2026



Day 4 – Keep learning

Keep learning, means to actively build new skills which helps to build new skills and engage your curiosity, boost self-confidence, reduce stress and help you to develop a sense of purpose.

On your worksheet, identify one way you already ‘keep learning’

Watch the video and try to identify something else you could do to keep learning.

<https://www.hampshirecamhs.nhs.uk/videos-and-podcasts/back-basics-keep-learning-video>

World Mental Health Day 2026



Day 5– Give

Give is to carry out acts of giving and kindness. This could be though something as simple as saying thank you to someone for something they have done for you, volunteering in your community or helping at school. This helps to give you feelings of purpose and self worth while developing connections.

On your worksheet, identify one way you already ‘give’

Watch the video and try to identify something else you could do to give.

<https://www.hampshirecamhs.nhs.uk/videos-and-podcasts/back-basics-give-video>

Signposting for Support

If you notice that you or a friend are struggling with poor mental health, it's important to let a trusted adult know who can help. If you forget who would be a good person to talk too you can ask a Wellbeing Ambassador and they can let you know who to go to. There are also signposting for support posters around the school which give details to organisations and Apps that may help.

	Kooth is a free online service offering emotional and mental health support for children & young people	KOOTH.COM
	Young Minds offers loads of practical tips and advice from young people just like you, as well as information on getting the support you need.	YOUNGMINDS.ORG
Support for Children and Young People		
	Samaritans provides emotional support to anyone in emotional distress, struggling to cope	CALL 116 123
	The Mix is a free, confidential and anonymous service and can be accessed wherever young people are via their website, over the phone or via social	THEMIX.ORG.UK 0808 808 4994
	Childline is a counselling service for children and young people up to their 19th birthday	CALL 0800 1111
Support in Warwickshire		
	Children & Family Support Services have Family support workers available to listen, support and offer advice and guidance to families	CALL 01926 412412
	Compass provides health and wellbeing services for children, young people and their families.	COMPASS-UK.ORG
LGBTQ+ Support		
	Stonewall offer support for LGBTQ+ people everywhere.	STONEWALL.ORG.UK

	Think Ninja - When you open the app you'll meet Wise Ninja, your personal guide to help you learn about mental health, emotional well-being and resilience. (Ages 11-17)
	Clear Fear - Did you know anxiety is fear based? Clear Fear is full of practical techniques to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. (Ages 11-19)
	MindShift CBT - Covering a wide range of difficulties that teens and young adults might face, MindShift CBT helps you challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful and relax.
	Stay Alive - This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Provides area specific support.
	GriefWorks - Self Love & Care - Online Grief Therapy for Mental Health and Well Being Support. The GriefWorks app was created to help you navigate your grief after the death of a loved one, soothe your pain and build your strength over time.
	Combined Minds - helps families and friends support young people with their mental health. A 'Strength-Based' approach works both ways, also helping families and friends to search for their own strengths.

What's on this Week?



Brew Monday – Monday 12th October - T04 - 3.15pm

Top Tips– Form time activity reflecting on each top tip

Top tips Mental Health Stand – Thursday 15th October – Break time in the Hall and café.

1% Game Club – Tuesday break time – T04

Just Dance – Tuesday and Friday break time in the hall

Walk and talk for Year 7 – details will be sent to tutors.

Connect with us - Year 7



5 Top Tips to Help Mental Health and Wellbeing

Be active

Keep Learning

Take Notice

Connect

Give

As we go through the activities, add one thing you already do for each section and one thing you would like to do.

