

# WORLD MENTAL HEALTH DAY

— 10 OCTOBER 2026 —



Lived Experiences Heard:  
Real Voices, Real Change

# WAYS YOUR SCHOOL CAN TAKE PART AND MAKE A DIFFERENCE

HEALTHIER MINDS • STRONGER SCHOOLS • BRIGHTER FUTURES



## Student Voice Sessions

Give students a safe space to share their experiences, feelings and ideas about mental health and wellbeing in school.

Real voices are heard.



## "What Helps Me?" Wall

Ask students to share (anonymously if they prefer) what helps them feel good, stay strong and manage challenges. Use their responses to guide positive changes in school.

Listening leads to change.



## Wellbeing Pledge

Ask each class or year group to make a pledge — one small action they can take to support mental health and wellbeing in their school community.

Small actions create real change.



## Mental Health Awareness Lessons

Use tutor time, PSHE or assemblies to explore mental health, break down stigma, build understanding and share where to get support.

Understanding builds safer, stronger schools.





# SIGNPOSTING



**childline**  
ONLINE, ON THE PHONE, ANYTIME

Childline is a free 24-hour helpline. Children and young people can talk to Childline by calling 0800 1111, by email, or through their 1-2-1 counsellor chat. You can also access information, advice and resources on [childline.org.uk](http://childline.org.uk)

**THE MIX**

The Mix is a charity that provides support for young people under 25. [themix.org.uk](http://themix.org.uk)  
Young people can also text 'THEMIX' to 85258 to access their sister service Shout's text message support service.



**Anna Freud**

Anna Freud's children and young people's wellbeing resources aim to empower young people to make informed choices about their mental health and wellbeing.  
[annafreud.org](http://annafreud.org)

  
by Kooth

Soluna by Kooth is a free, safe online platform where young people (age 10+) can access mental health support whenever they need it, 24/7.  
[kooth.com](http://kooth.com)



Mind offer information and support for young people, including mental health and wellbeing information and useful contacts for support for young people aged 11-18.  
[mind.org.uk](http://mind.org.uk)

**YOUNG MiNDS**

Young Minds are a charity that offer information and advice to young people, their parents and carers, and schools.  
[youngminds.org.uk](http://youngminds.org.uk)