

PROMOTING EMOTIONAL RESILIENCE IN SCHOOLS

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SAMARITANS IN EDUCATION

Samaritans supports schools across Wales in a variety of ways:



- free online teaching resources (DEAL)
 - talks given by our volunteers
- support for schools and colleges in the planning & implementation of a postvention response (Step by Step)

- In Wales, **1 in 10 young people** will experience a mental health problem
- **1,193 young people were admitted to A&E departments in Wales because of self-harm** in 2015. That number has increased by 41 per cent in the past three years
- The number of children from Wales receiving **counselling for anxiety through Childline has almost doubled** in the past two years
- Teenage suicides in England and Wales have **risen by 67% since 2010**



- Samaritans believe that educating young people about emotional health, & the importance of seeking help when it is needed, will result in improved well-being & health outcomes for young people
- Education about emotional health will mean that more young people will access the support they need earlier.
- This should help to reduce potential mental health problems & enhance the wellbeing of young people. That is why DEAL was developed to help educators in their efforts to develop resilience in young people and promote emotional health and wellbeing



DEAL is designed to help teachers & tutors develop resilience in young people by:

- Raising awareness of emotional health
 - Developing coping strategies
 - Developing communication skills
- Developing supportive and help seeking behaviour

The activities are set out in four themes. You can click on a theme heading to bring up all of the activities within each theme.

Emotional health

Coping strategies

Connecting with others

Dealing with feelings

Activities are 20 minute or 60 minute long sessions. There are also video and audio clips and teachers notes to accompany the resources.

WHAT IS EMOTIONAL HEALTH?



1 hour

Create a safe and positive learning environment by agreeing ground rules for the lesson.

This session is a starting activity for any year group to introduce the theme of emotional health and to gauge the level of understanding about emotional health that the students have.

In this lesson we will learn:

- what emotional health means
- how emotional health and physical health are linked.

Resources

- white board
- pens
- large pieces of paper

Digital resources

- What is emotional health film.

- scissors
- marker pens
- a wide range of magazines, catalogues

BUILDING RESILIENCE



1 hour

Create a safe and positive learning environment by agreeing ground rules for the lesson.

In this lesson we will learn:

- that there are a range of coping strategies that can be helpful
- to understand that everyone experiences difficult times and feelings
- that resilience is about working through challenging times.

Key message

Sometimes we use the coping strategies we know and have used before. At other times we need to ask for help. If you feel lonely or isolated or are going through a difficult time, reach out to someone for support.

Resources

AGGRESSION



1 hour

Create a safe and positive learning environment by agreeing ground rules for the lesson.

In this lesson we will learn:

- that aggression and frustration are linked
- to understand some causes of frustration
- to recognise our own feelings and respond to them appropriately.

Resources

- an inflatable ball
- sticky notes
- Kayleigh's day handout
- anger management handout
- teacher information handout.

Digital resources

- Aggression film.

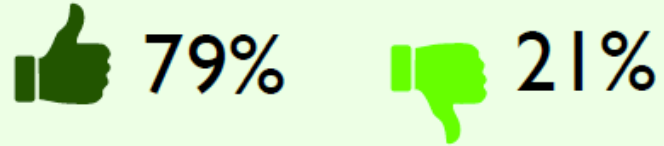
<https://www.youtube.com/watch?v=hHQEUQQHE3o&feature=youtu.be>

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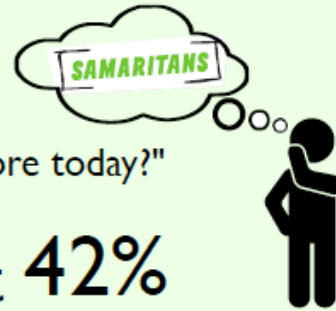
Why use DEAL?

- Equips young people to **face life's challenges with optimism & know how & when to seek help**
- Can **reduce specific mental health problems & increase academic achievement**
- Designed to **meet outcomes relating to emotional health & wellbeing within the personal & social education framework** in Wales & **support the Health and Wellbeing AoLE** in the new curriculum
- They **support the 'Mental Emotional Health and Well Being'** action area for a Healthy Schools accreditation

"Would you recommend DEAL to others?"

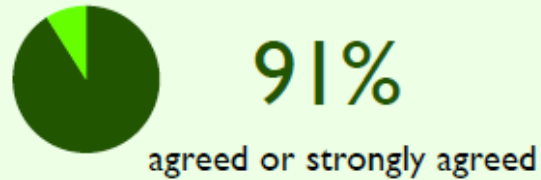


Percentage of pupils who answered 'Yes' to "Did you know who Samaritans were before today?"



Pre 21% Post 42%

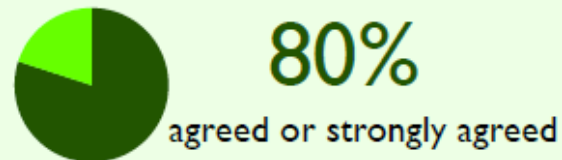
"I understand what emotional health is and why it's important to look after it."



"I know how to develop positive coping strategies."



"I am more confident in recognising when someone else needs emotional support."



THANK YOU

- ▶ Questions & discussion
- ▶ DEAL is available to download for free at www.samaritans.org/DEAL
- ▶ To discuss opportunities for promoting DEAL in your area, please email wales@samaritans.org