



# Public Health Campaign: World Mental Health Day

Compass

10th October is World Mental Health Day, and Warwickshire School Health & Wellbeing Service would like to take the opportunity to encourage schools to get involved with the Young Minds #HelloYellow campaign. We've also included some classroom activities to help promote positive wellbeing with pupils.

## Useful links

[nhs.uk/oneyou/every-mind-matters/youth-mental-health](https://nhs.uk/oneyou/every-mind-matters/youth-mental-health)

[mentallyhealthyschools.org.uk](https://mentallyhealthyschools.org.uk)

[samaritans.org/how-we-can-help/schools](https://samaritans.org/how-we-can-help/schools)

## #HelloYellow Day

Go yellow for young people's mental health - powered by Young Minds



**YOUNG**MiNDS

At a time when it's needed most, come together for #HelloYellow to support young people's mental health on World Mental Health Day. Lockdown had a devastating effect on children and young people's mental health. It's been unbelievably hard, but together, we can make a difference and show young people they are not alone. Join thousands of schools, offices and community groups on Friday 9th October by taking part in #HelloYellow and raising vital funds to support our work. It's simple: wear yellow, get fundraising and have fun! Whether we're all two-metres apart, back to normal or locked-down and keeping it virtual our #HelloYellow kits are filled with ideas for a fun-filled day on 9th Oct! Dig out your neon socks, custard scarf and banana hat - let's show young people they're not alone with their mental health!

[Sign up for the #HelloYellow digital fundraising kit](#)

## Activities

[Reception/foundation activity - Leaf Breathing](#)

[Key Stage 1 and 2 activity - 'How Many Positives' \(from Young Minds\)](#)



## Support from Warwickshire School Health & Wellbeing Service

Young people age 11-19 can text a school nurse to talk about concerns relating to emotional wellbeing via ChatHealth - the number is **07507 331 525**

School staff can get in touch for support by calling **03300 245 204** or emailing [schoolhealthwarks@welearn365.com](mailto:schoolhealthwarks@welearn365.com). Find out more on our [website](#).