

# DIFFUSION

## A wellbeing proposal for schools that enables you to transform young lives

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OTR is a fifty-year old youth mental health charity that supports 18,000 young people each year. We work alongside multiple schools across Bristol and South Gloucestershire, sharing our expertise with staff and pupils to help create schools where young people can flourish. We take a flexible approach, offering training and workshops that fit around timetables and meet school's specific needs.

### How can we help you enable your staff?

We offer a range of training to give teachers and support staff practical ways to promote good mental health among pupils. We understand that schools are busier than ever and finding time to fit in training is challenging. So our training can take place after school, during Inset days and broken down into bite size sessions.

### We offer the following training programmes:



#### **Introduction to young people's mental health**

An exploration into young people's mental health, including simple, practical approaches to enhance pupil's mental health as they progress through school



#### **Working confidently with gender and sexuality**

Building knowledge, skills and confidence to support pupils with gender and sexuality related issues



#### **Real world resilience**

Tips, tools and techniques to support pupils to boost their resilience to successfully navigate adolescence



#### **Working confidently with body image**

Learning to promote confidence among pupils about their bodies and address issues around body image



#### **Working confidently with suicide and self-harm**

Practical ways to talk about and work with pupil's with issues around suicide and self-harm

We also provide ongoing **coaching and supervision** for teachers and support staff. Facilitated by an experienced mental health practitioner, we create a safe space for staff to discuss work related challenges, build mental health knowledge and develop their own wellbeing so they are better able to support others.

## And for pupils?

We offer fun, interactive projects for pupils to improve their mental health. Our flexible programme can fit around school timetables, with sessions taking place over half a day, two hours or within lesson time.



### **Empower**

An intensive programme to prepare pupils for the transition from primary to secondary school. Pupils from Year 6 and Year 7 discuss their fears and develop coping strategies through a series of group workshops and individual sessions with our Health Promotion and Wellbeing teams.



### **Resilience Lab**

A relaxed, activity-based workshop to support pupils to overcome adversity, build strengths, develop positive coping strategies and feel more in control when faced with life's challenges.



### **Shameless**

A workshop to explore body image issues, with pupils developing practical ways to grow in confidence, celebrate difference and learn to embrace the skin they're in.



### **Mind Aid**

A group workshop for all pupils to learn ways to manage feelings related to stress, anxiety and low mood.

For information about pricing and availability please contact Cat Taylor,  
Head of Diffusion, via [cat@otrbristol.org.uk](mailto:cat@otrbristol.org.uk)

**OTR**

Diffusion is an initiative set up by OTR, the South West's largest mental health movement. For more info, please visit [otrbristol.org.uk/diffusion](http://otrbristol.org.uk/diffusion)

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DOING MENTAL HEALTH DIFFERENTLY