



### How to spot your Ambassadors

Eleven Ambassadors (S5 and S6 pupils) have been carefully selected and trained to support and empower their peers across the school in discussions on mental health. Part of their remit is to lead sessions with the S2 cohort during the academic year.

### How to spot us

- Yellow Dancing Black Dog badge
- We have yellow braided blazers
- Find us in the Aspire Base every Tuesday lunchtime
- Look out for the Black Dog signs around the school for a quiet place at intervals and lunchtimes

### Mental Health Services Scotland

#### SCAN YOUR CAMERA



Young Minds: <https://youngminds.org.uk>



Milestone Trust: <https://www.milestonetrust.org.uk>



SeeMeScotland: <https://www.seemescotland.org>



SAMH- <https://www.samh.org.uk/>

### MHAPP Drop-In Sessions

Braidhurst's Mental Health Ambassadors have planned, once allowed, to hold drop-in sessions which are open to pupils of S1-S3 to socialise and relax. Join us in the Black Dog Club—held in the Aspire Base every Tuesday lunchtime—where we have a chat while playing board games and listening to music! We will hope to have this up and running ASAP but will keep you posted when COVID-19 restrictions allow. However, we will always be here to talk and offer advice!



### Black Dog Campaign



Our eleven Ambassadors have received appropriate training to educate pupils about mental health and how to overcome periods of stress and anxiety, which can trigger more serious issues if ignored or not properly dealt with.

The 'black dog' is a metaphor coined by Winston Churchill, which he used to describe feelings of depression and anxiety. 'Dancing with the black dog'—our logo—is a symbol our Ambassadors use to show that we can work with mental health to improve our well-being.

At Braidhurst we have a support network for all pupils across the school. You can identify us by the Dancing Black Dog badge we wear on our blazers.

If you want a quiet area for headspace, look out for the Black Dog signs displayed on classroom doors, where you are always welcome.

# Mental Health Ambassadors

## Peer Project



Information to support pupils, parents and carers



## Why?

At Braidhurst, we feel that it is important for young people to be aware of mental health, including what it is and its impact on them and those around them.

It is our duty to normalise discussion around this topic in order to combat the stigma associated with mental health.

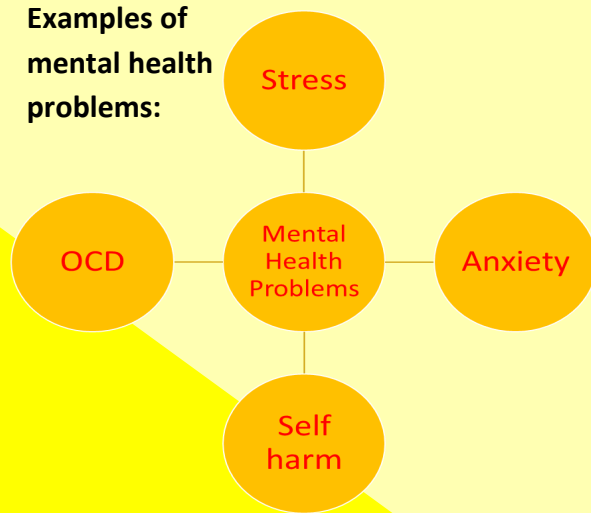
## What is Mental Health?

Mental health is a person's concern about their psychological and emotional wellbeing.

We all have occasions where we feel stressed and down, which eventually pass. However, sometimes these feelings develop into more serious problems. Addressing these issues through discussion with our Mental Health Ambassadors can help set the world to rights.

Mental health can affect anyone in any way. Everyone has their own unique experience of mental health, but discussing our issues often has the same, positive effect.

### Examples of mental health problems:



## KEY INFORMATION

### Everyone has mental health

Just like physical health, it is important that we all take care of our mental well-being. Communication is the best medicine—don't bottle it up!

### Recovery

As Mental Health Ambassadors, we are here to provide support. We also continually reinforce the message that your mental health fluctuates and that it can and *will* get better.

### Keep safe

During the sessions, if you intend sharing information with us, make sure you are comfortable in doing so.

### No secrets

As Ambassadors, our job is to listen. However, if we hear something which we feel requires more attention, it is our duty to share that information with a trusted member of staff who will ensure you get the help you need.

### Support without judgement

We ensure that every young person is treated with equal respect, and matters are kept within the circle of the staff and pupils involved in the Mental Health Ambassadors Peer Project.

### Equality and diversity

We aim to recognise everyone's differences, and we will always support them regardless of circumstances.

### GIRFEC

We are trained under the Getting It Right For Every Child Policy to ensure young people's needs are specifically met.

*"Give yourself the same attention as you give others."*

*(Daniel Breslin, S5)*

## How can we help you at Braidhurst?

At Braidhurst, it is very important to us that you can access all of the support you need. We, as Mental Health Ambassadors, pride ourselves on being able to support every pupil through our training.

If you ever need support or advice, or you are struggling with your mental health, we are always available to offer that support to you. We can be identified through the 'black dog' badge on our uniform.

There are also things you can do to support yourself, try things such as:

Listening to music, or playing an instrument

Exercise

Connect with your family and friends

Get more sleep

Talking to a trusted teacher

