

## Kilsyth Academy - Mental Health Ambassadors

At Kilsyth Academy we have a range of senior school Mental Health Ambassadors.

These pupils lead activities which combat mental health stigma and promote strategies which can support the development of health and wellbeing across the school community.

Mental Health Ambassadors also deliver PSHE lessons to younger pupils and lead wellbeing clubs at lunch times.

The next training opportunities will be for seniors on the 20<sup>th</sup> December 2021 and 10<sup>th</sup> January 2022.



For World Mental Health Day tomorrow our Captain's team have some tips to help you become mentally healthier!

TIP 1: Recognise your mental health can change! 💡

#WMHD #Wellbeing #Leadership

@KilsythAcademy @parentcouncilKa @KA\_success



A massive well done to our Mental Health Ambassadors who delivered content at our World Mental Health Day assembly to S4-S6! @KilsythAcademy

These pupils will lead PSHE and wellbeing clubs this year and have shown great leadership so far!

#WorldMentalHealthDay

