Set up a specific group made up of children, young people and staff in each school to dedicate time to develop mental health actions

SayouthForum (f)/**SayForum (a) (@sayouthforum**

2. Provide a respectful and supportive environment for all

Create safe places

7. Working with families

Providing information to parents

What **Young People** Said

Peer to peer support (we are more comfortable talking to someone our own age)

3. Promote learning with an understanding and awareness of young people's mental health and wellbeing.

Help with accessing support

Guidance on maintaining

confidentially and positive relationships for all

6. Identifying need, learn from and plan next steps

8. Increase awareness of

opportunities available for children

and young people to access

information on support available.

Training for staff on how to talk

5. Mental Health and Wellbeing training for all

about mental health with young people

Opportunities for staff to talk/listen more to children and young people

4. Children and voung people will be listened to and taken seriously and influence decisions.









