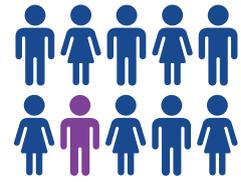




# MH4 Schools

1 in 10 children aged 5-16 experience a mental health problem



Evidence suggests that incidents of mental health problems are increasing in children, with 1 in 10 children aged 5-16 experiencing a mental health problem. **This is equivalent to about 3 children in every class.**

In response to these statistics West Kent Mind have created MH4 Schools. This innovative whole school project enables us to partner with schools and train staff in Mental Health First Aid (MHFA), Mind Fitness and Suicide Awareness and Prevention. Training focuses on **early intervention** and gives staff skills and confidence to support children and young people experiencing mental health problems.

### Ofsted

The Ofsted Inspection framework includes a new judgement on 'personal development, behaviour and welfare' stating inspectors will be "looking to see that learners are knowledgeable about how to keep themselves healthy, both emotionally and physically."

To date we have delivered our training to



**6,000**  
Students

**1,250**  
Teachers

**136**  
Schools

**78**  
Primary

**48**  
Secondary

**7**  
Colleges



**50+**

Whole school assemblies to 'Start the conversation on Mental Health'



**78,000**

We estimate the total number of students who could potentially benefit from having access to trained staff extends to over 78,000



**105**

Mind Fitness Train the Trainer Courses delivered



**98%**

Feel your knowledge and understanding of mental health has increased as a result of this workshop



**97%**

Feel your personal confidence in talking about mental health has increased as a result of this workshop

## Key Learning outcomes from our MH4 Schools Training and Workshops are:

- MHFA Youth trained staff are equipped and able to intervene early
- Mind Fitness trained staff will have interactive session plans to encourage discussion about mental health
- Staff and students will have greater understanding of their own and others mental health
- Create a sustainable culture change and increase whole school mental health resilience and literacy

Please contact us for more information

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