

Healthy Heads

An Arts Programme to Improve Mental Wellbeing

The mental wellbeing of children and young people is an increasing area of concern and policy focus. We also know that pupils from the most deprived backgrounds are much more likely to experience poor mental health. Theatre Nemo's *Healthy Heads* programme provides an excellent means to address this issue with children and young people, reducing stigma, promoting understanding, opening communication channels and giving participants, teachers and parents opportunities to explore creatively how to nurture their own mental wellbeing.

The Programme

This six-week drama-based programme, plus additional sharing session, is grounded in principles of prevention and will support schools to achieve the following outcomes with their pupils:

- Increased knowledge and understanding of mental health issues and how they might affect themselves or other people
- Communication skills about their own feelings and what they see or sense in others
- An environment of safety, trust and openness in exploring about these issues
- Improved confidence in talking about experiences and seeking help

In addition, this programme will help pupils to develop other more general skills for learning and attainment, including leadership, self-confidence, problem-solving and creative self-expression.

Is it suitable for my school?

The programme is built around the Curriculum for Excellence, particularly in the areas of Expressive Arts and Health and Wellbeing. It also links with the key priority of improving children and young people's health and wellbeing outlined in the National Improvement Framework, and fits within several of the key approaches detailed in the Interventions for Equity Framework.

Who is it for?

Aimed at pupils in p5 to p7, with whole class groups being able to attend

Costs

£1000 per class, including evaluation

Who are we?

Theatre Nemo is an award-winning arts charity based in Glasgow with nearly 20 years of experience in the mental health sector and in delivering high-quality arts programmes thematically linked to this topic. We have worked with a large number of children across Glasgow and have an ongoing, well-evaluated programme with Trinity High School.

For more information please contact Hugh McCue, CEO of Theatre Nemo

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