

ThinkWell - Outcomes and feedback

The ThinkWell workshop is designed to get young people talking about their mental health. We asked all 118 participants in our pilot sessions - aged between 13 and 18 and with a range of abilities - to rate their knowledge on a 1 to 4 scale (4 being the highest) at the beginning and end of each session against 10 statements.

We measure the impact of our sessions in 3 areas; basic awareness of mental health, knowing where to go for help, and confidence about asking for help for themselves and on behalf of others.

After a ThinkWell workshop:

- Participants rated their knowledge as 3 or 4 for over 95% of statements, compared with 71% beforehand.
- Participants were 30% more likely to know where to go for help and support with mental health.
- Participants were 27% more likely to ask for help if they felt unhappy or unwell.
- Participants were 15% more likely to ask for help if they were worried about someone else's mental health.



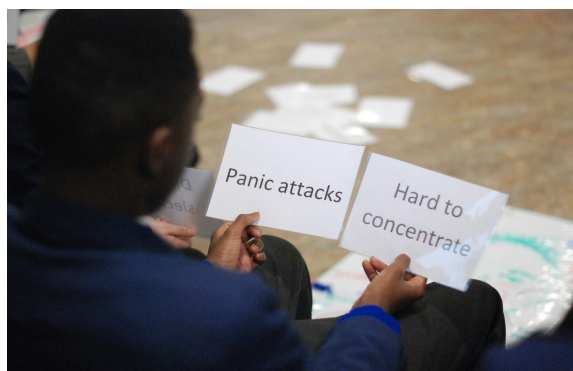
Young people say:

'I liked the reference to a real life story that was inspirational. It was a very interactive session.'

'I liked the clips and also learning about the different symptoms of mental health issues.'

'I liked that it's something that I haven't learnt about before.'

- 87% of participants rated the ThinkWell workshop as 'good' or 'excellent'.
- 98% of participants rated their ThinkWell trainer as 'good' or 'excellent'.



Teachers say:

'Great, enthusiastic leaders, very informative, well planned and engaging - a great introduction to discussing and destigmatizing mental health.'

(Head of Year 13 at a girls' academy)

'Fun and informative.' (Year 9 Form Tutor at a high school)

'Brilliant and engaging workshop. Very informative and moving.'

(Director of Student Engagement at a secondary school)

- Every teacher who observed a ThinkWell workshop rated it as 'quite valuable' or 'very valuable'.
- Every teacher rated the ThinkWell trainer as effective, with 80% scoring them as 'very effective'.
- Teachers were asked if they would recommend ThinkWell to a colleague on a scale of 1 - 10, the average score was 9.

