

## ThinkWell

100 minute workshop using documentary film to empower young people to talk about mental health and reach out for help if they need it.

### Quick Facts

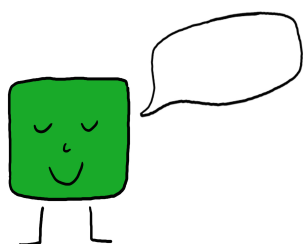
**Length:** 100 minutes (can be adapted to fit your timetable)

**Audience:** All young people aged 13+

**Group size:** Up to 30 young people per workshop

**Location:** In your school, college, PRU, youth group in London or further afield

### Tell me more...



#### What is it?

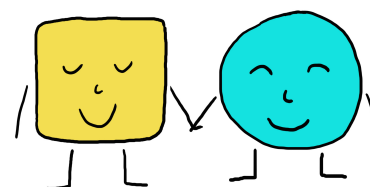
ThinkWell is a dynamic workshop that combines film and learning to allow young people to explore issues around mental health. Led by a trained Workshop Leader and supported by a qualified therapist it empowers young people and encourages discussion about emotional wellbeing for themselves and others.

ThinkWell is inspired by a real life story that you might have seen on Channel 4 called *The Stranger on the Bridge*. This was a documentary film based on the #findmike campaign launched by Jonny Benjamin to find - and thank - the stranger who helped him when he was struggling with his mental health.

ThinkWell uses Jonny's story as a narrative to empower young people to explore issues around emotional wellbeing, demystify the stigma surrounding mental health issues and provide information and signposting for further help.

### How does it work?

We send a trained Workshop Leader and a qualified therapist to work with your young people. The Workshop Leader runs ThinkWell which involves exclusive film footage, discussion and kinaesthetic activities to reflect the different stages of Jonny's journey. A safe, supportive environment is created through distancing methods and a shared agreement.



In an adjacent room, the qualified therapist runs ThinkWell Space for young people who are affected by the content of the ThinkWell workshop and may want to talk about their thoughts and feelings in a safe space. The ThinkWell therapist offers emotional support, mental health first aid and signposting to young people who visit the ThinkWell Space. We provide a full report of safeguarding concerns and action plans to the designated contact at the end of ThinkWell.

## Who is it for?

ThinkWell is for all young people aged 13+. We have different versions of ThinkWell to suit the age, ability and setting of young people. There are KS3, KS4 and KS5 versions for young people in school. We have a ThinkWell version for young people in youth groups, colleges, PRUs and other out-of-school settings.

ThinkWell is also differentiated for the abilities of young people with stretch and challenge extension activities and simplified versions of tasks. We cater for young people with SEN and ESOL requirements.

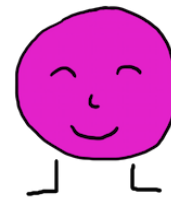
ThinkWell is designed to be inclusive and is suitable for all young people aged 13+. We will always discuss the specific needs of young people at the time of booking and we are happy to make modifications to meet your requirements.

## What does ThinkWell cover?

The aim of ThinkWell is to provide a safe and supportive environment to talk about mental health, demystify many of the stigmas - and silence - around this issue and, very importantly, provide information and signposting for young people.

ThinkWell has 4 key messages:

- Everyone has mental health and mental health issues are common
- Talking about mental health issues is essential
- Reaching out for help is a positive step and lots of different types of help is available
- Recovery is possible and achievable



## How much does it cost?

There is a charge for ThinkWell. The cost includes a trained, highly experienced Workshop Leader and a qualified mental health therapist along with all resources/handouts. We do offer discounts for multiple bookings in a single day and up to 30 young people can attend each 100 minute session.

## Why choose ThinkWell?

- Exclusive documentary film footage
- Positive, empowering message
- Fulfils PSHE requirements
- Highly experienced, trained Workshop Leaders
- Qualified mental health therapists
- Handouts for young people and teachers/youth workers

