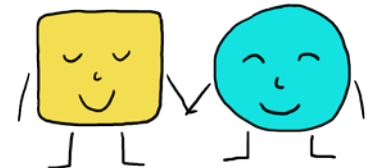


ThinkWell: Delivering mental health literacy

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THOUGHT
BOX

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What are mental health issues?
Like our bodies, our minds can become unwell and we can develop mental health issues.
This can affect the way we think, feel and behave.

What does successful mental health literacy mean?

Empowering young people to manage their own mental health

Building on existing support.

Using the power of stories.



Inclusive of all ages and abilities.

Experts from different sectors.

AS A RECEIVER

I NEED TO MANAGE
MY MENTAL HEALTH

SO THAT - I AVOID ~~RES.~~ ^{POINTS}
MENTAL CRISES

USER NEED(S)

LIST of users

YOUNG PEOPLE ¹³⁻¹⁸ (many)

SCHOOLS

TEACHERS

YOUTH WORKERS

[WORKSHOP LEADERS]

[THERAPISTS]

YOUTH CLUBS

~~REF~~ PUPIL REFERRAL UNIT

PROVIDER

AS A PROVIDER
I NEED TO HELP YOUNG
PEOPLE MANAGE THEIR
MENTAL HEALTH
SO THAT THEY AVOID
MENTAL CRISES



Over 15 million people in the UK are aged
between 5 and 24



How can mental health literacy be successfully delivered?



Focus on user needs.

Test with users on their terms.

Be flexible and use what you learn.

30% more likely to know where to for
help and support with mental health

27% more likely to ask for help



The strategy is delivery.

Thank you.

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