

Supporting young people to maintain their mental health through life's transitions, both now and in the future.



Bloom

For young people's mental health

Bloom supports young people's mental health resilience. Delivered in schools and colleges, we work with young people aged 14-18 to help them develop the tools and knowledge to manage their own mental health through life's transitions, both now and in the future.*

Bloom is a free resource for schools, and we are passionate about delivering it to the highest possible standard. We must ensure schools and colleges are ready and able to deliver it before we start. We have developed a charter to help us determine schools and colleges readiness which will help us understand:

Engagement

How your school is committing to improving young people's mental health.

Capacity

Your ability to provide designated teachers and students for the duration of the programme.

Commitment

Commitment to work with us to

deliver a high quality programme for your students.

Workshops include:

- Exam pressure
- Social pressures
- Work/Life balance
- Decisions about the future

What you can expect

Our 8-week programme is focussed on giving teachers the tools and confidence to build mental health resilience in your students. Teaching a new approach to discussing and addressing everyday challenges.

We train teachers and help them understand the content before co-delivering the programme for the first time. Our hands-on approach equips teachers to continue the delivery of Bloom in the future.

If you are interested in delivering Bloom at your school or college, please email schools@mentalhealth-uk.org to receive the full criteria and chat to our team. For more information visit mentalhealth-uk.org/bloom.

*Bloom is brought to you by Mental Health UK.