

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 at a glance**

Bloom is a new programme offering a refreshing perspective on resilience. Designed with input from young people and teachers, it supports an open conversation about what resilience is and what is required to build it.

Delivered over eight sessions, it provides young people with tools to develop personalised action plans to gain confidence in managing their own mental health. Key to Bloom is supporting teachers by building confidence to discuss a range of topics with their students.

### **How does it work?**

Our dedicated team provide training to teachers and then co-deliver Bloom with them in their school. Our practical materials are based on real life scenarios to encourage open discussion and reflection.

### **Topics include:**

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

Bloom is centered around giving students much needed space to engage with ideas and concepts in a meaningful way.

Equipped to discuss resilience with their students, teachers adopt a new approach to addressing everyday challenges.

With trained teachers continuing the delivery of the programme, Bloom will positively impact the lives of more young people and leave behind a legacy within a school for years to come.

**For more information contact [schools@mentalhealth-uk.org](mailto:schools@mentalhealth-uk.org).**