

# Bloom at a glance



Bloom is a free UK-wide programme which supports young people. It equips 14 to 18 year olds with the tools and knowledge they need to build their resilience, so they can better protect and maintain their mental health through life's transitions.

Young people with greater levels of resilience are better able to identify their stressors and navigate the changes and challenges in their lives in a mentally healthy way.

Designed with input from young people and teachers, Bloom is delivered in schools and colleges across the four nations.

## How does it work?

Delivered over eight interactive sessions, Bloom uses relatable scenarios that support young people to gain confidence in managing their own mental health.

Topics include:



Exam Stress



Social pressures



Dealing with uncertainty



Decisions about the future

80% of young people who participated in Bloom felt more confident in their understanding of resilience.



"I really enjoyed having the chance to express how I feel and having a safe place to talk." – **young person, Ormiston Rivers Academy, Essex**



"I liked learning about different ways to reduce stress because I can use it for my future exams." – **young person, Canterbury Academy, Kent**

## Resources for parents and guardians

Our resource library contains tools to help you confidently engage in conversations about mental health, emotional wellbeing and resilience with the young people in your life.

Visit our online resource library here: [mental-health-uk.org/help-and-information/advice-for-parents-and-guardians/](https://mental-health-uk.org/help-and-information/advice-for-parents-and-guardians/)

## Get in touch to find out how Bloom can benefit your school or college



[schools@mentalhealth-uk.org](mailto:schools@mentalhealth-uk.org)  
[colleges@mentalhealth-uk.org](mailto:colleges@mentalhealth-uk.org)

Bloom is made possible thanks to the support and fundraising efforts of Lloyds Banking Group



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# Support for teachers



**A crucial part of Bloom is how we work with teachers in schools and colleges. Over eight sessions, our Bloom Associate Trainers support teachers to deliver the programme to students.**

The content of Bloom is flexible so teachers can choose which sessions would be best for their cohort of students. Teachers will feel more confident in having conversations about mental health and resilience with their students.

With trained teachers continuing the delivery of the programme, Bloom leaves a legacy of mental health support in schools and colleges.

**After our training 94% of teachers felt confident and equipped to deliver Bloom in their schools and 97% said they had a better understanding of resilience.**



"The training was clear and straightforward. Doing this training is of huge value to me as it gives me the belief and confidence that I can deliver these important life skills to young people and it gives me a tried and tested process (the presentations, exercises and resources) through which to do this."

**Mrs Miller, Teacher**



"I work with pupils who are affected by mental health problems and after this pandemic I believe they will need so much support. I feel like I will be in a much better position to support them after the training and the resources will be so helpful." **Mrs Cleaves, Teacher**

## Free online resilience training

Our free online training sessions enable teaching staff to quickly gain knowledge, tools and confidence to support their students' mental health.

Training is drawn from the Bloom programme and is available as:

- A 3-hour workshop providing teaching staff with full training on the programme which will prepare them to deliver it in school/college
- 1-hour sessions (Resilience, Exam Stress or Making decisions about the future) which prepare teaching staff to deliver one workshop in school/college

After the training, teaching staff receive the Bloom resources so they can facilitate resilience sessions in their classroom. The Mental Health UK team will also be available to support with the delivery of the programme.

To find out more and sign up to online resilience training visit: [mentalhealth-uk.org/bloom-online-teacher-training/](https://mentalhealth-uk.org/bloom-online-teacher-training/)

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