



St Andrew's Mental Wellness Programme for Schools

The LightBulb programme provides schools with an opportunity to build a whole school culture of mental health support for their students.

What is the LightBulb programme?

LightBulb is a programme that provides a ready-made framework for schools so those that participate can demonstrate and showcase excellence regarding mental health practice.

What are the main aims of the programme?

- Create a positive mental health culture at your school
- Reduce the stigma of mental health
- Improve a whole school understanding of mental health
- encourage resilience, coping skills and self-help strategies

What do schools receive as part of the programme ?

- 5 hours of mental health and wellbeing training and support
- 1 hour training and support session for parents
- 1 hour training or teaching for pupils
- Wellbeing resources and activities for all school staff
- Certification upon completion

"This programme has changed lives"

Lorna Beard

Head of Inclusion for the East Midlands Academy Trust (EMAT)

For more information about the LightBulb, St Andrew's Mental Wellness Programme for Schools contact us on 01604 616797 or email Lightbulb@standrew.co.uk