

How To... **Host a Parents/Carers Session**

Who Is It For?

Parents/Carers/Wider
Community

Impact:

Running an evening about mental health stigma and discrimination will have an impact on the whole community by getting them to talk about mental health and busting myths.

Example:

Aileymill Primary School Case Study

Ideas to Consider:

- Organise an event and invite parents/carers
- Could be part of a larger event
- Use See Me resources to get people talking
- Share lived-experience videos and SMSC learning

HELPFUL RESOURCES:

Feels FM

Lived Experience Videos

See Me See Change Training Slides