

Student Mental Health Ambassador, Deptiford Green School Emily Stanghon, Acting Deputy Head and Senior Mental Health Lead, Deptford Green School

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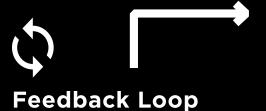




AWARDS 2021



package



data informs new show

development

 sharing empirical data with individual schools showing profile of pupils



Keep Talking

- review show, 7-8 weeks later
- compare against baseline



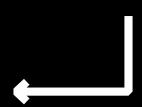
Interactive TV Show

- baseline surveys
- learning methodologies for self resilience
- introduce digital health partners



Resource Pack

- support for teachers, parents / guardians
- additional content for teachers to continue supporting pupils









This project has been funded by the TRIUMPI Network - Transdisciplinary Research for the Improvement of Youth Mental Public Health

Impact

The University of Sheffield's Department of Psychology provides clinical oversight and is conducting research funded by TRIUMPH (Transdisciplinary Research for the Improvement of Youth Mental Public Health). Some prepublication headlines...



of young people reported feeling engaged during the show

reported feeling confident they had the tools to help manage stress & anxiety better

25%

significant reduction in young people with 'critical' or 'struggling' levels of stress

reported (at 6-8 week follow up) that they had used Kooth once or more since the first show

From post show surveys of schools, 100% would recommend On The Level to other schools and 100% said the information in the show was vital and important for young people



Find out more:

onthelevel.reprezent.org.uk