



**What Next?**  
**Putting theory into practice**

**Dr Pooky Knightsmith**  
 @PookyH | @CharlieWTrust | #MHSchools17

The Charlie Waller Memorial Trust  
 cwmt.org.uk



#MHSchools17

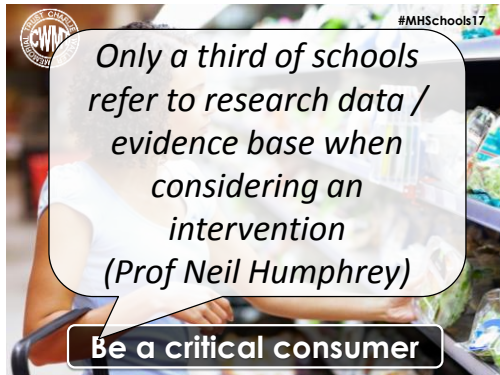
**Wrapping Things Up...**



#MHSchools17

1. Be a critical consumer
2. One size does not fit all
3. If you like it, share it
4. Even better if...

**Wrapping Things Up...**



#MHSchools17

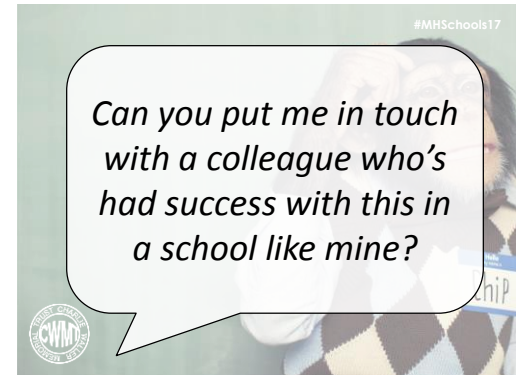
*Only a third of schools refer to research data / evidence base when considering an intervention*  
 (Prof Neil Humphrey)

**Be a critical consumer**



#MHSchools17

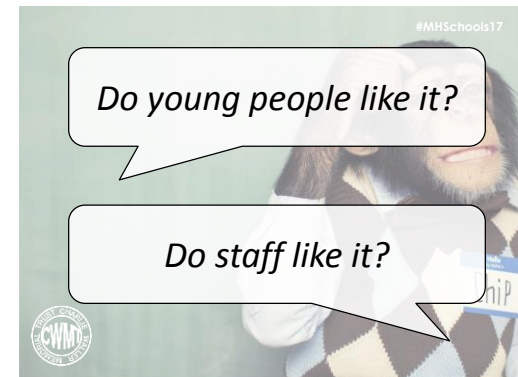
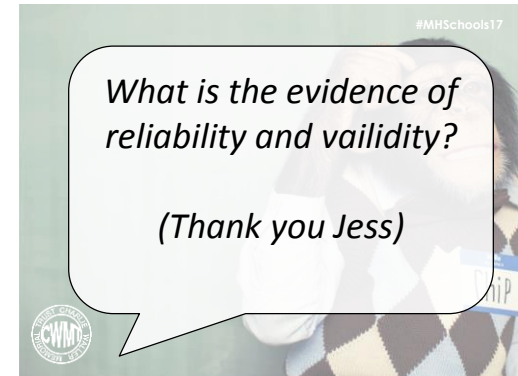
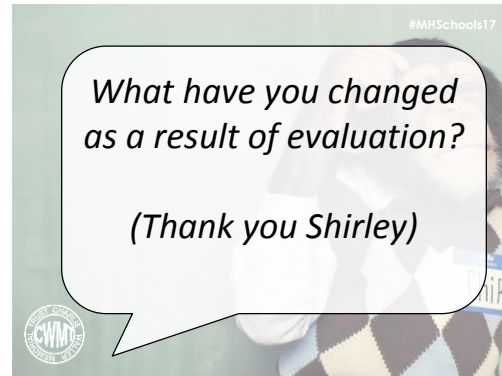
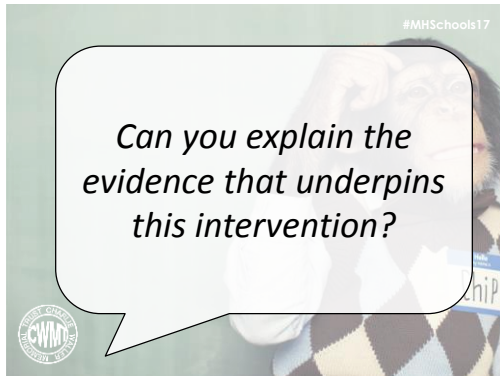
**Ask searching questions**



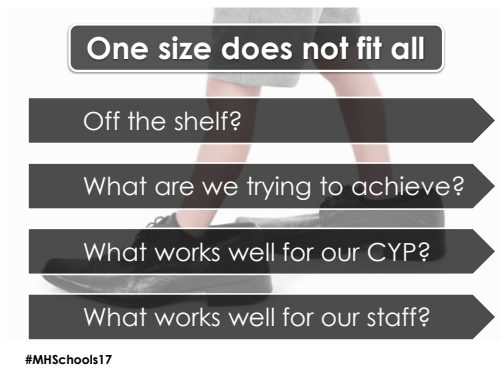
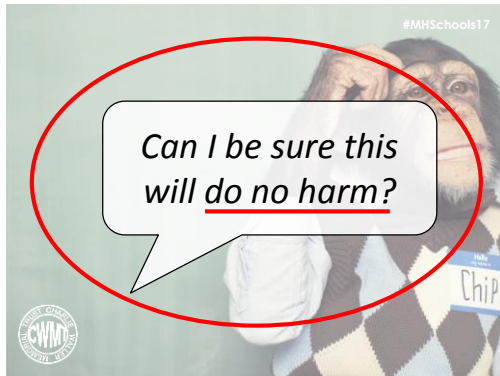
#MHSchools17

*Can you put me in touch with a colleague who's had success with this in a school like mine?*









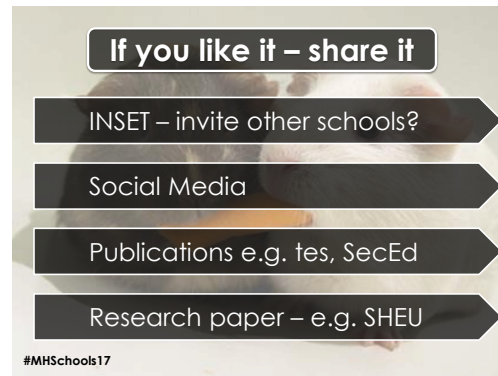




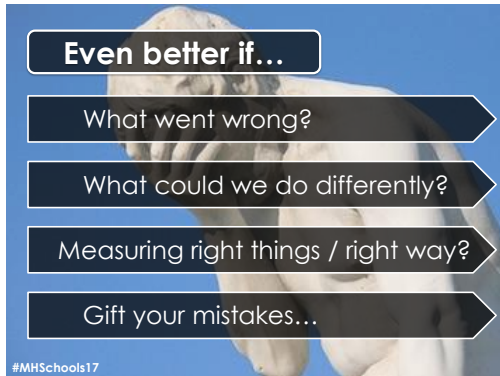
## Qs TO CHILDREN OVER 9

	No. of questions
• Happiness: Heubner + WEBWMS	14
• Emotional and behavioural problems: SDQ	25
• School: School Connection Subscale of the Student Resilience Scale	4
• Bullying	5
<b>Is this realistic?</b>	<b>48</b>

[www.cwmt.org.uk/webinars](http://www.cwmt.org.uk/webinars)







#MHSchools17



#MHSchools17

We hadn't seen him for years, then one day he came into school with his wife and his baby daughter. He told us about his job and his friends and how much he had come to love life. He turned to his wife and said – "This is Mrs Lyle, you know, the one I told you about who helped me want to live." She flung herself into my arms and whispered "Thank you"



**Dr Pooky Knightsmith**

@PookyH | @CharlieWTrust | #MHSchools17

## Fundraise for CWMT

It's vital to get messages about mental health and wellbeing into schools.

Fundraising for CWMT not only brings in money to help us continue our work – it also raises awareness of depression and what young people can do to take care of their mental wellbeing.

Our fundraising pack is full of useful information, ideas and tips.

For your copy please visit:

[www.cwmt.org.uk/fundraise](http://www.cwmt.org.uk/fundraise)

call: 01635 869754 or email: [admin@cwmt.org](mailto:admin@cwmt.org)

## Funded Mental Health Training

We provide funded training and workshops on a range of mental health issues for pupils, parents and staff working with young people.

If you would like training at your school, please email [training@cwmt.org](mailto:training@cwmt.org) or visit [cwmt.org.uk](http://cwmt.org.uk) for more information



[cwmt.org.uk](http://cwmt.org.uk)



[cwmt.org.uk](http://cwmt.org.uk)



[cwmt.org.uk](http://cwmt.org.uk)