

Workshop title	Mental Health is Everyone's business	Everyone Is Unique - Aliens welcome	What We Don't See	Creating Change	The outside world and its impact	More than Mentors
Workshop content	<p>This workshop aims to discard the belief that mental health is about having a mental illness. We all have to take care of our mental health. Participants will develop an understanding of how mental health is in fact everyone's business.</p>	<p>School's should be a safe haven for every student. The workshop aims to identify the needs of students who may question who they are and it addresses what schools can do to support.</p>	<p>The stresses and pressure of being a student or a teacher can affect anyone's wellbeing. This workshop encourages an open dialogue between students and teachers in an attempt to understand what each group may not see about the other.</p>	<p>At some point in our lives anxiety affects most of us. It can turn lives upside down or just sidestep you for a while. Our aim is to help you find your own coping mechanisms if life does throw you off course.</p>	<p>Street culture can impact on young people's mental health, this is created through a sense of belonging. The aim of this workshop is to empower young people to deal with these situations.</p>	<p>A practical Introduction into peer mentoring. During this workshop we will explore the thinking behind peer mentoring, More than Mentors and gain a practical experience of peer mentoring.</p>