

*the lily Jo project*

# SCHOOLS INFORMATION PACKAGE

High energy mental health resources,  
curriculum, and live workshops for  
primary and secondary schools.

[www.thelilyjoproject.com](http://www.thelilyjoproject.com)  
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## A Quick Note

Hi there!

Lily-Jo here from UK-based mental health platform, The Lily-Jo Project. I hope this information package finds you well!

As a provider of whole-school mental health curriculum, workshops, and resources, I wanted to reach out and let you know about our latest offerings for primary and secondary schools in the UK.

In this packet, you'll find information about our:

- Mission, background, and why we do what we do
- Live mental health workshops
- Online mental health curriculum
- Level 2 Award in Peer Mentoring
- Recently launched Schools Partnership Programme for 2023/2024
- Free resources for kids, teens, and adults
- Current impact in schools and at home

If anything sparks your interest or if you'd like more information, please don't hesitate to reach out!

Our email address is: [admin@thelilyjoproject.com](mailto:admin@thelilyjoproject.com).

Many thanks,



*Lily-Jo*

**Lily-Jo**

Founder, The Lily-Jo Project  
[www.thelilyjoproject.com](http://www.thelilyjoproject.com)

## Our Mission

The Lily-Jo Project is a platform devoted to using the **power of music** to **educate, equip,** and **empower** people of all ages to take control of their mental health.

Music plays a critical role across our three focus areas:

### 🎵 Educate



Music helps our brain establish new memories, helping us learn and process information.\*

### 🎵 Equip



Music can be used as a tool to boost our mood, connect with memories, and lower stress levels.\*\*

### 🎵 Empower



Music helps us process complex emotions and enables us to cultivate our sense of identity.\*\*\*

\*Harvard Health, \*\*AARP, \*\*\*Psychology Today

## Our Vision

We want to see a future where **everyone** has the ability to:



Learn about the basic, clinical aspects of wellbeing, mental health and mental health hygiene.



Understand how to proactively self-care, how to spot common warning signs and symptoms of mental illness, and how to reach out for help.



Feel inspired and energised to live their life to the fullest.

## The Problems

### We Face

1 in 5 people have **suicidal thoughts**, 1 in 14 people **self-harm**, and 1 in 15 people **attempt suicide**.<sup>\*</sup> We believe this is far too many.

Here are a few key underlying problems:

**1**

75% with a mental health condition start developing it before 18.<sup>\*</sup>

**2**

Teachers and parents lack quality mental health resources.

**3**

Support services are overwhelmed, have long wait times, and require a referral.<sup>\*</sup>

**4**

Existing mental health curriculum does not resonate with kids and teens.

<sup>\*</sup>Mind, MFHA England, MQ: Transforming Mental Health

## Our Post-Pandemic World

Recent UK government reports<sup>\*</sup> indicate that children and young people's subjective wellbeing, happiness, and life satisfaction have recovered to pre-pandemic levels.

However,

- **Anxiousness and loneliness** among students have worsened.
- A quarter of secondary-age pupils reported being **worried about being able to afford technology for studying**.
- One in eight 11 to 16-year-olds and one in seven 17- to 24-year-olds reported that they have been **bullied online**.
- Data indicates that the **cost of living crisis, environmental/social issues**, and **negative experiences on social media** could be to blame for increased feelings of anxiety and loneliness.

<sup>\*</sup>State of the nation 2022: children and young people's wellbeing

# Live Workshops

**Ages 4-11**

Our **live workshops** and assemblies for primary-aged students are interactive, engaging - and most importantly, FUN!

- Workshops are delivered as 45-minute assemblies with each year group over the course of a morning or afternoon.
- Each assembly features a mix of live songs, personal stories, games, and practical teaching about mental health.
- Workshops are led by one of our talented and passionate performing artists.

We're proud to offer the following workshops for primary schools:

- **Be a H.E.R.O.** - Exploring the basics of good mental health and living a life with purpose. **£500.00 (half day).**
- **Be a S.T.A.R.** - Learning the first steps to understanding and overcoming anxiety. **£500.00 (half day).**
- **Be C.A.L.M.** - Learning how to spot trigger points for anger and overcome them. **£500.00 (half day).**
- **Lift Your M.O.O.D.** - Learning how to spot signs of low mood and make the right adjustments. **£500.00 (half day).**
- **Change for Good / Year 6 Transition** - Exploring the themes of change, finding independence, developing life skills, and emotional resilience. Suitable for year 6 students. **£500.00 (half day).**



## Live Workshops

Ages 11-18

Our **live workshops** for high school and college students are designed to help teens learn and understand what mental health is, how to maintain good mental health, and what to do if they are struggling.

- Each workshop delivered as a 45-60 minute assembly with each age group over the course of a morning, afternoon, or full day.
- Each assembly features a mix of live songs, personal stories, games, and practical teaching about mental health.
- Workshops are led by one of our talented and passionate performing artists.

We're proud to offer the following workshops for high schools and colleges:

- **You Are Unstoppable** - Understanding what mental health is and how to maintain good mental health to live an unstoppable life. **£950.00 (full day)**.
- **Break the Silence** - Understanding what self-harm is, who self-harms, why people self-harm, and how to recover. **£500.00 (half day)**
- **Change for Good / Year 7 Transition** - Exploring the themes of change, finding independence, developing life skills, and emotional resilience. Suitable for year 7 students. **£500.00 (half day)**.
- **Overcoming Anxiety & Preparing for Exams** - Understanding anxiety, how to spot the signs of anxiety, what to do when feeling anxious, and how to help others who are anxious. Suitable for years 10 and 11. **£500.00 (half day)**.



## Online Curriculum

Our **online curriculum** for primary and secondary schools is **completely FREE** and features over a year's worth of content for use in a classroom setting.

Here's a rundown of all of our lessons:

- **Be A HERO** - Introducing the basics of mental health [primary only].
- **Break Free** - Introducing the basics of mental health [secondary only].
- **FREEDOM** - Exploring themes related to anxiety, low mood, opening up, and maintaining relationships [secondary only].
- **FUN-damentals** - Exploring how to cope with the emotions of worry, sadness and anger [primary only].
- **Fundamentals** - Exploring strategies for overcoming feelings of anxiety, depression, and anger [secondary only].
- **SMILE** - Understanding bullying and the power of words and actions.
- **Bounce Back** - Learning how to be resilient and cope with change.
- **Express Yourself** - Exploring how creativity impacts mental health.
- **Diamond** - Building confidence and self-esteem.
- **Be The Change** - Exploring topics surrounding racism.

We also have exclusive bonus content including Christmas specials, dance workshops, and free wellbeing webinars for both parents and teachers.

"There are so many different lessons to choose from. Such powerful, yet simple explanations that kids can understand and relate to." - High School Teacher





## Peer Mentoring

Our **Mental Health Peer Mentoring Programme** was created in partnership with qualification specialists, Minds Ahead.

Participating students will have the opportunity to earn a **Level 2 Award in Peer Mentoring**, accredited by the Royal Society for Public Health.

By taking part in this programme, students will be able to:

- Appreciate that mental health and wellbeing fluctuates
- Know how to protect good mental health for themselves and their peers
- Recognise the signs and symptoms of poor or declining mental health in themselves and their peers
- Support their own mental health in challenging, stressful or changing situations
- Apply a range of listening, questioning and other mentoring skills

There are 2 programme delivery options available:

**Option 1:** School staff delivers programme to students / costs include induction fee (£575) + annual fee (£390) from year 2 onwards + £95/student for assessment & qualification.

**Option 2:** The Minds Ahead team delivers programme to your students / costs include 3 webinars (£850) + £95/student for assessment & qualification.

Learn more at: [www.mindsahead.org.uk/the-mental-health-peer-mentor-programme/](http://www.mindsahead.org.uk/the-mental-health-peer-mentor-programme/)



# School Partnership

## Programme

For the 2023/24 academic year, we are offering a new partnership programme where schools can access our complete range of **whole-school mental health support** over the course of the year in exchange for a one-time fee.

This fee would be based on the number of enrolled students in the school, and it can be passed along to parents through your school's online payment system.

Here's what your school would receive each term:

- 1X choice of live workshop
- 1X online teacher/parent webinar
- 2X e-newsletters for parents
- Access to the mental health peer mentoring qualification materials (high schools only)
- Posters + roller banner to display in your school

All support is reinforced by our regularly updated online self-help resource and parents' resource.

If this programme sounds like a good fit for your school, please reach out to our schools coordinator, Pete, at [admin@thelilyjorproject.com](mailto:admin@thelilyjorproject.com) for further information.



## Free Digital Mental

## Health Resources

Our free online self-help resource is available 24/7, and is designed to help people manage and overcome the most common mental health challenges such as:

✓ Low Mood

✓ Eating Disorders

✓ Self-Care

✓ Self-Harm

✓ Anxiety

✓ Grief

✓ Trauma

✓ Self-Esteem

✓ Stress

In addition to these core resource pages available for adults, we also have a section of our website devoted to children's mental health and parenting.

Interactive Kids  
Resource

Parent & Teacher  
Support Group

Parenting Blogs  
& FAQ's

To make our mental health resources as relatable and accessible as possible, we proudly utilise a variety of digital mediums including **podcasts, blog articles, videos, and e-newsletters.**



## Our Impact

Since starting The Lily-Jo Project, we have reached:

# 150K



Over 150,000 individuals across 200 countries through our online self-help resource.

# 285K



Over 285,000 kids and teens through our in-person assemblies and workshops.

# 100+



Over 100 primary and secondary school communities through our online curriculum.



"The Lily-Jo Project's lesson **really comforted me** because these issues are normal, and tips that can help are possible."

**Anonymous**

(High School Student)



"Get this into your school because your children will **absolutely love it** and benefit from it now and into their futures."

**Janet**

(Executive Head Teacher)

## Testimonials

"What we can teach students in 6 hours a day is nothing in comparison to them leaving school with self-awareness and ability to talk about their feelings and emotions."

**Mr. Beasley**

(Primary School Teacher)

"I've seen a lot of outside agencies coming in to do assemblies in my time, but that was the best I've seen in fifteen years."

**James Robinson**

(Assistant Head, Ashcombe School, Dorking)

"Students have been using a lot of the language from the resources in the playground when talking to friends, and have been a lot happier talking about the way they feel with each other."

**Anonymous**

(Primary School Teacher)

"Get this into your school because your children will absolutely love it and benefit from it now and into their futures."

**Janet**

(Executive Head Teacher)

"A lot of the parents have been using the online resources too and have found it helpful not only personally, but also when communicating with their children."

**Anonymous**

(Primary School Teacher)

"There are so many different lessons to choose from. Such powerful, yet simple explanations that kids can understand and relate to."

**Anonymous**

(High School Teacher)

"Great presentation that came across very well to us. The best PSHE we have had in a while. That was worth missing a lesson for. Very engaging. Clear. Easy to understand. Also quite FUN!"

**Sarah**

(Year 11, Newlands Girls School)

"The project complements the resources we already use, but because it is so different from the set resources, it livens things up and seems to have more of an impact on the children."

**Anonymous**

(Primary School Teacher)

"A lot of teachers have been using it and find it helpful. It is fantastic and it is definitely have a positive impact on the school."

**Anonymous**

(Primary School Teacher)

## How We Fit



### Free Self-Help Info & Resources

Action for Happiness, Alzheimer's Society, Anna Freud Centre, Anxiety UK, Beat Eating Disorders, Best Beginnings, Bipolar UK, CALM, Childline, Education Support, Kooth, Marmalade Trust, Maternal Mental Health Alliance, Mental Health Foundation, Mental Health UK, Mind, Minds Ahead, No Panic, OCD UK, Our Time, Papyrus, Place2be, Relate, Samaritans, Sane, Shout, Stem4, **The Lily-Jo Project**, The Mix, UMHAN, Young Minds



### Campaigning & Advocacy

Alzheimer's Society, Bipolar UK, Centre for Mental Health, Marmalade Trust, Maternal Mental Health Alliance, Mental Health Foundation, Mind, Papyrus, Place2be, Rethink Mental Illness, Samaritans, Sane, Stem4, **The Lily-Jo Project**, Young Minds, Best Beginnings



### Research & Insights

Alzheimer's Society, Anna Freud Centre, Anxiety UK, Best Beginnings, Bipolar UK, Centre for Mental Health, Education Support, Maternal Mental Health Alliance, Mental Health Foundation, Mental Health UK, Mind, Minds Ahead, MQ Mental Health Research, Samaritans, Sane, Shout, Stem4, **The Lily-Jo Project**, The Mix, Young Minds



### Training & Staff Development

Action for Happiness, Alzheimer's Society, Anna Freud Centre, Anxiety UK, Bipolar UK, Centre for Mental Health, Education Support, Marmalade Trust, Mental Health Foundation, Mental Health UK, Mind, Minds Ahead, OCD UK, Our Time, Papyrus, Place2be, Samaritans, Shout, Stem4, Young Minds



### Live Assemblies & Workshops

Mental Health UK, Our Time, Stem4, **The Lily-Jo Project**



### Curriculum & Lesson Plans

Action for Happiness, Marmalade Trust, Mental Health Foundation, Mental Health UK, Our Time, Stem4, **The Lily-Jo Project**



### Text/Phone/IM Hotlines

Alzheimer's Society, Anxiety UK, Beat Eating Disorders, Best Beginnings, CALM, Education Support, Kooth, Mind, No Panic, OCD UK, Papyrus, Rethink Mental Illness, Samaritans, Sane, Shout, The Mix, Young Minds



### Group Support & Counselling

Action for Happiness, Alzheimer's Society, Anxiety UK, Beat Eating Disorders, Bipolar UK, Childline, Mental Health UK, Mind, No Panic, OCD UK, Place2be, Relate, Rethink Mental Illness, The Mix



### 1-1 Support & Counselling

Alzheimer's Society, Anxiety UK, Beat Eating Disorders, Childline, Mind, No Panic, Place2be, Relate, Samaritans, The Mix

**Let's Work**

**Together!**

We know that kids, teens, and teachers are struggling right now - but you don't have to navigate this alone.

Together, we can:

- Ensure that your entire school community understands the basics of mental health hygiene and how to maintain good mental health.
- Cultivate a classroom culture of positive, kindness, and empathy.
- Prevent certain mental health challenges from reaching a crisis point.
- Empower your students to live their lives to the fullest.

Our inbox is always open should you wish to connect, collaborate, or learn more about our services available to your school.

All the best,



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