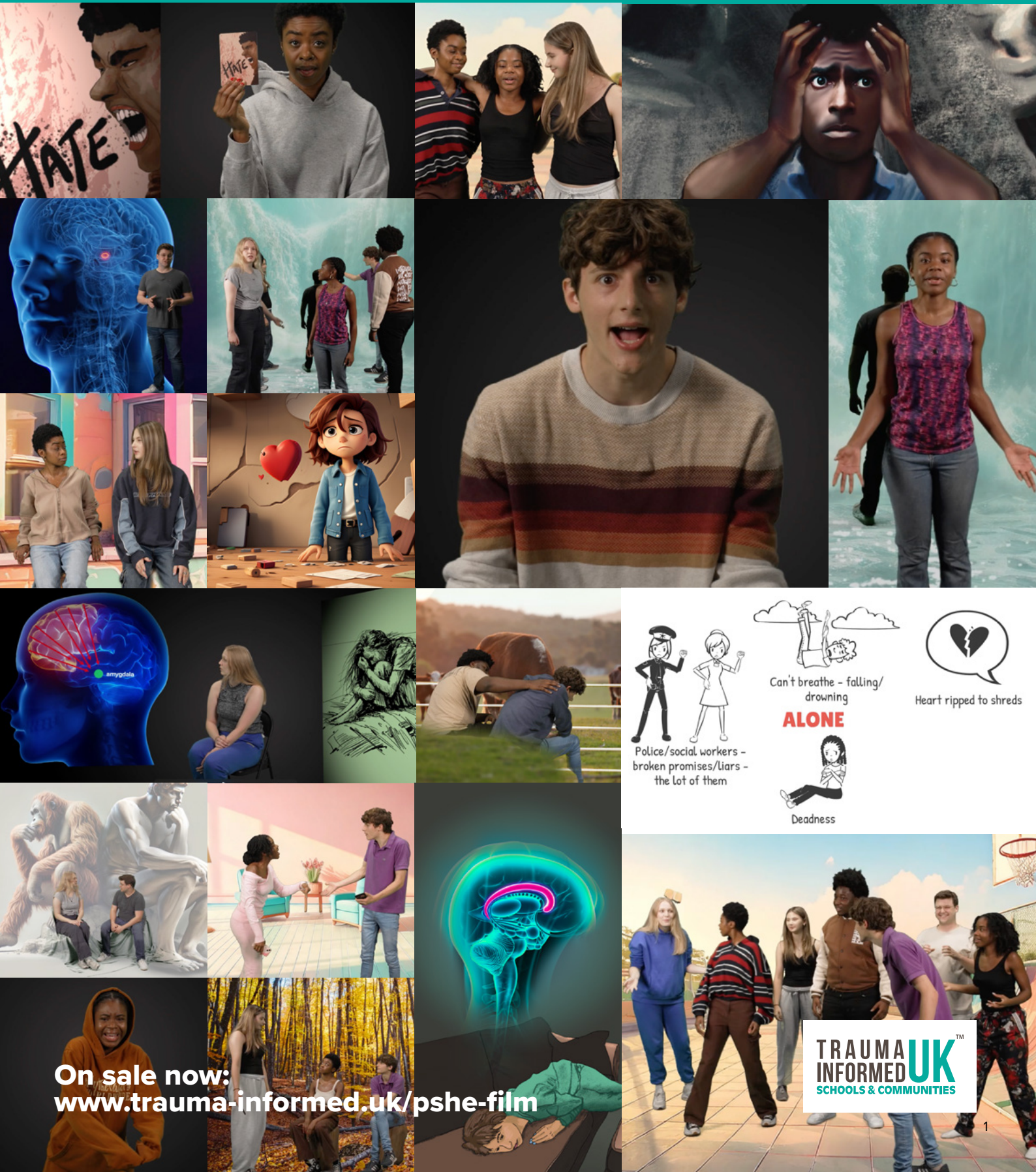


Trauma Informed Schools and Communities:

proudly present a film that every teenager and every adult who cares for them should see.

# What Every Teenager Needs to Know About Mental Health



On sale now:  
[www.trauma-informed.uk/pshe-film](http://www.trauma-informed.uk/pshe-film)

TRAUMA  
INFORMED **UK**<sup>TM</sup>  
SCHOOLS & COMMUNITIES



## Mental health education reimagined: beyond labels and symptoms to understanding causes of distress and pathways to healing

### Full package includes

- Film in 5 parts
- 5 accompanying PowerPoints with moving relatable film clips
- 5 lesson plans
- Facilitator notes
- Guidance webinar
- Mental Health resource cards (with booklets) for small discussion groups
- Access to half-termly support sessions with a TISUK Supervisor

### Flexible Options: Film Licence only or Full School or Community Wide, Mental Health programme (all resources)

The resources are informed by TISCUK's work in over 6000 schools with children and young people experiencing mental health problems. They have been written by Dr Margot Sunderland.

The resources are all informed by our years of experience in schools and settings across the UK and internationally, demonstrating positive outcomes in training staff to build effective relational approaches with teenagers who are experiencing mild to moderate mental health problems.

Dr Sunderland is a senior psychotherapist with over 30 years' experience, neuroscience scholar and British Medical Association award-winning author of over 20 books on child and adolescent mental health.



## Why the film and resources work

- A powerful one-hour professional film, performed by teenagers for teenagers.
- Grounded entirely in evidence-based neuroscience and psychology, the film helps young people understand what's happening in their brains, minds and bodies when they experience mental health difficulties – in ways that feel accessible, relatable and deeply validating.
- Through moving true stories of teenage distress to recovery, teenagers are helped to feel seen, heard and less alone.
- Teenagers who have watched the film tell us they feel immense relief in realising they are not 'mad' or 'bad', but struggling with understandable responses to painful life experiences.

The film explores the causes – and healing – of common mental health difficulties including anxiety, panic attacks, social phobias, depression and complex PTSD. It aims to help teenagers think psychologically about themselves and others. At this time of alarming increase in teenage mental health difficulties and youth suicide, the film offers an honest and compassionate portrayal of suffering, moving way beyond surface-level discussions, quick fixes and self-help which just don't work.

The film's central message is one of hope: research shows that healing relationships and relational support can impact positively on brain, mind and body, supporting true recovery and long-term mental health.



**Special  
TISCUK website  
price of  
£30  
(Retail £36.99)**

**Available from  
[www.trauma-informed.uk](http://www.trauma-informed.uk)**

*armstrongsunderland*

# Helping Teenagers Understand their Mental Health

CARDS

**A key resource for supporting teenagers with vital knowledge (psychology and brain science) in one-to-one sessions, small groups and mental health lessons.**

**Dr Margot Sunderland**      **Illustrated by Nicky Armstrong**

## Fee sheet

# Mental health resources for organisations working with teenagers, secondary schools, wellbeing and mental health practitioners, counsellors and therapists

Including the film *What Every Teenager Needs to Know About Mental Health* (performed by teenagers)



### Film Only Option

Ideal for schools or organisations who want to show the film independently

Includes:  
Access to the film and guidance notes

Fee:  
**£249 for 6 months**

### Extra Resource Cards

Additional tins of Mental Health cards available: **£30 per tin**

Additional tins Helping Teenagers Talk about their Lives cards available **£28 per tin**

[www.trauma-informed.uk/shop/buy-cards](http://www.trauma-informed.uk/shop/buy-cards)

### Add On:

Access to Aliyah Ali Film, 'Addressing the unmet needs of young people attracted to crime and violence' **Cost £95**

### Comprehensive Packages for Schools

#### Package One: For Individual Schools with a Trained TISUK or Therapeutic Practitioner

Vital asset for your students' mental health education with a structured, school/setting-wide approach.

Includes:

- Film in 5 parts
- 5 accompanying PowerPoints
- 5 lesson plans
- Guidance webinar and notes for staff
- 2 x tins of Mental Health resource cards (with booklet)
- Access to half-termly support sessions with a TISUK Supervisor

**Annual Licence:**  
**£895 per school**  
**£100 discount for TISUK schools**

*TISUK/Therapeutic Practitioners in school will be required to deliver the content to students and run small groups.*

#### Package Two: For Groups of Schools with a Trained TISUK or Therapeutic Practitioner

Vital asset for your students' mental health education with a structured, school/setting-wide approach.

This includes all of the contents of **Package One**.

The package for all additional schools includes:

- Film licence for £449 per school per year
- 2 x tins of Mental Health resource cards per school
- Access to half-termly support sessions with a TISUK Supervisor

**Annual Licence:**  
**£895 purchased by 1 school**  
**£100 discount for TISUK schools**  
**£449 for each additional school**

Discounts available for groups of over 10 schools.

*Schools/settings must ensure a member of staff who is therapeutically trained oversees the delivery and small group sessions.*

For more information or to express your interest please contact:

[info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)  
[www.trauma-informed.uk/pshe-film](http://www.trauma-informed.uk/pshe-film)



## Mental Health Resource Booking Form

To purchase this resource, please complete the booking form below. Once the booking has been agreed an invoice will be issued. Once payment has been received the resources and access links will be sent via email.

Name	
Email address	
Setting name	
Setting address	
Proposed licence start date	
Name of TISUK Practitioner	
If your setting does not have a TISUK Practitioner, please give the details of the name and qualifications of the therapeutically trained practitioner	

### Which package would you like to purchase?

Package 1	
Package 2	
If 2, how many settings in group?	
Film only option	

Add On: Access to Aliyah Ali Film      Yes      No

### Billing details

Billing address	
Finance Contact Name	
Finance Contact Email	
Finance Contact Phone	
Purchase Order (if required)	

### Confirmation of Agreement

I hereby confirm this purchase of the package outlined above. I have read, understood, and agree to comply with the associated terms, conditions, and guidelines set by Trauma Informed Schools & Communities UK.

Name	
Signed	
Date	