#TalkAwayDontWalkAway is The Courtyard's award winning Mental Health project for primary and secondary schools and youth groups. Snippets of The Courtyard's digital content created for their Mental Health project including dance workshops, drama scenes, and craft activities.

Transcript:

[Music] Talk Away Don't Walk away is The Courtyard's award-winning mental health awareness project.

This project was created to promote resilience and confidence whilst teaching young people ways to keep mentally healthy.

The project consists of one practical workshop at your school.

An activity booklet with exercises to affirm their learning from the session.

Five digital workshops which each relate to the five steps to positive well-being:

Be Active

Engage

Interact

Notice

and Give

The opportunity for your class to perform on The Courtyard's main stage

And participants also receive a special Talk Away Don't Walk Away badge. [Music]

For more information or to book a Talk Away Don’t Walk Away workshop contact [takepart@courtyard.org.uk](mailto:takepart@courtyard.org.uk) or call 01432 346526

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