

# Care Fair day



**NEVYPUSŤ  
DUŠI**



**RESISTIRÉ**



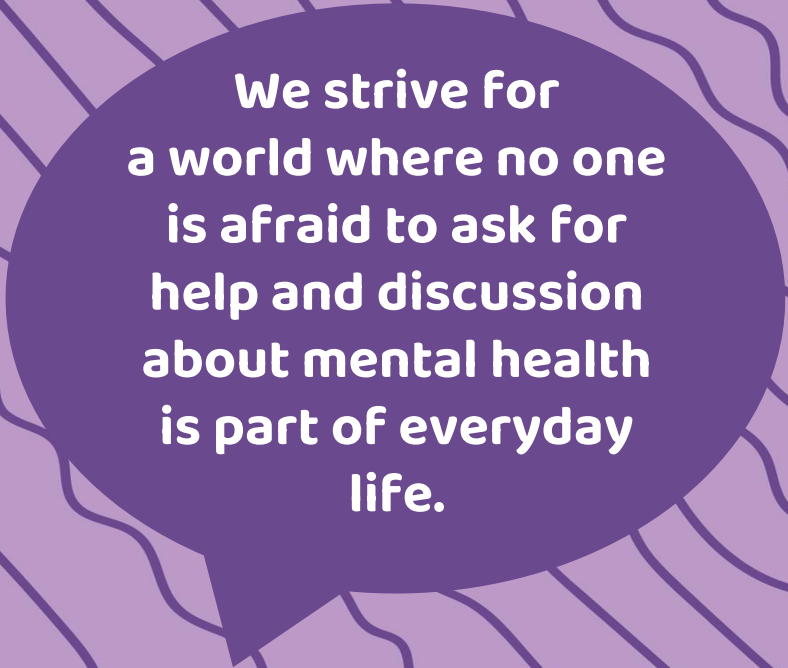
# Nevypust' duši

*Don't let go of the  
soul*

**PUBLIC EDUCATION**

**PREVENTION**

**HELP**



We strive for  
a world where no one  
is afraid to ask for  
help and discussion  
about mental health  
is part of everyday  
life.

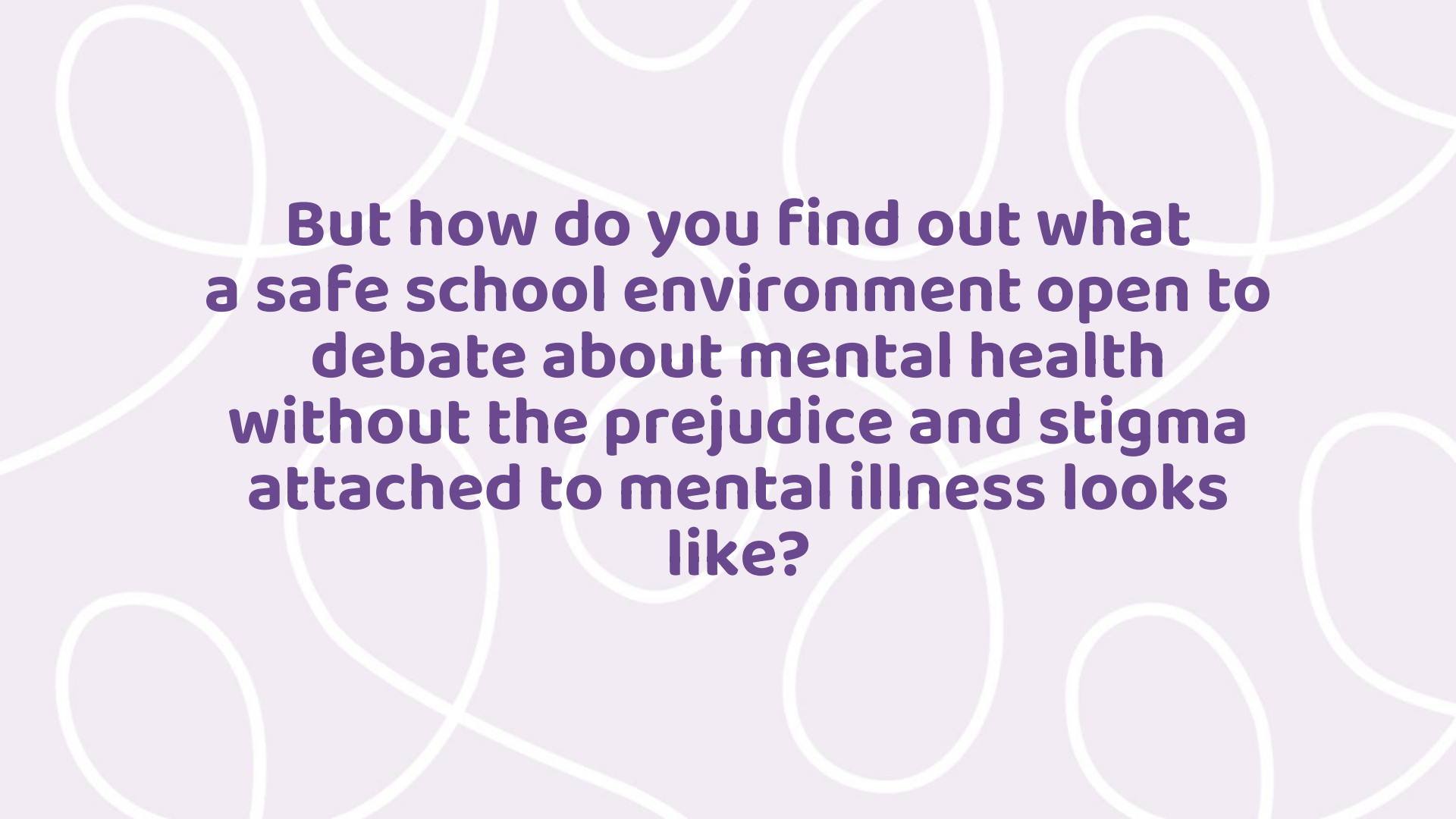


The festival takes place at the Rumburk grammar school.

# According to the data...

- one in 10 children in the world already struggles with mental illness
- on average, less than 2% of state budgets are devoted to mental health care
- the main barriers to help-seeking are lack of education on the topic, stigma about seeking help, lack of trust in professionals and socio-economic barriers
- **prevention is still not given enough attention & change should start in the environment where children spend the majority of their time: at school**

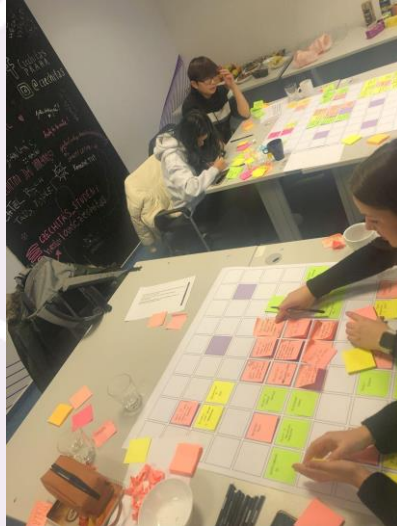




**But how do you find out what  
a safe school environment open to  
debate about mental health  
without the prejudice and stigma  
attached to mental illness looks  
like?**



# You ask the kids!



**And let them know their mental health matters and deserves to be cared for.**

# Care Fair project

## Rumburk grammar school

- 14 members of advisory board (12 students, 2 teachers) & 9 project months
- HCD method - students took on a valuable role in the whole process
- close cooperation with the school management
- **4 main topics:** *How to help a friend?, How to talk to my parents?, How to make our demands heard at school? and Inclusivity & diversity support*
- **Care Fair day** & further sustainable support & covering topics at school



[illegible]

## Planting oregano (Goodmind in Czech)



# Care Fair day



**9 trial psychotherapy  
& 18 crisis intervention  
sessions**

**Relax zone covered  
with bubble wrap**



# Care Fair day



**A stamp-collecting  
game**

**Workshops for  
teachers & adults**



# Care Fair day

**Workshops for  
children & young  
people**



**Queer & Chill zone**

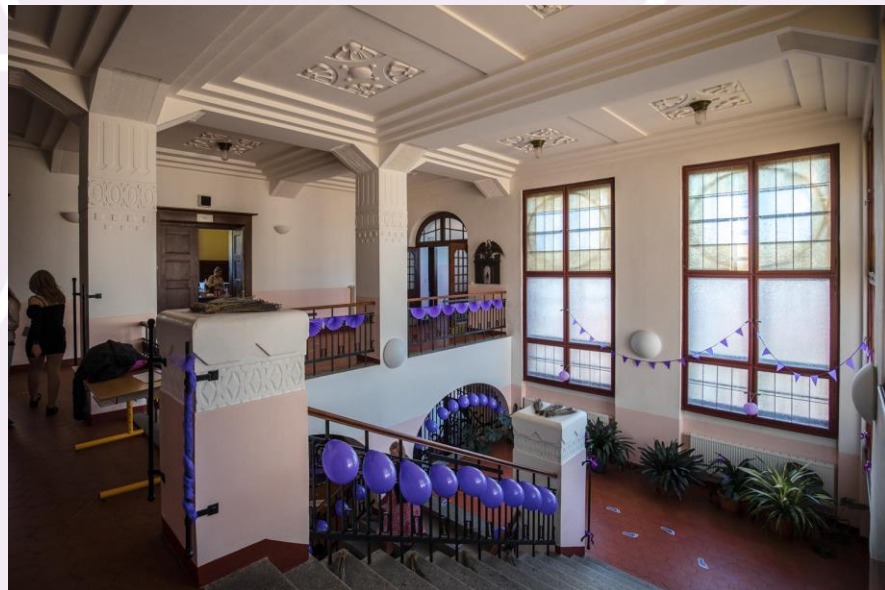


# Care Fair day



**Introducing current status  
of our topic and examples  
of good practice to the  
public**

**Dozens of purple  
balloons** ❤️





# Outcomes & Feedback

- 450 students & 60 adults attending
- 25 workshops & 11 participating services
- facilitated communication between students and teachers (Teacher's Lounge Mailbox) & school parliament
- students expanded their competencies in research methods and event management



# 350 questionnaires & 70 interviews show...

- great satisfaction with Care Fair day and the whole project
- intervention in raising the profile and normalising the topic of mental health
- students feel that they had been heard and **empowered in their confidence** in supporting and caring for those around them and in **expressing their own views**





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