



# MENTAL HEALTH PROMOTION AND PROBLEM PREVENTION IN SCHOOLS WITH DRAMAMETHODS



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(Incredible Opportunity)

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A black and white photograph of a young child with light hair, looking out of a window. The child is wearing a dark jacket. The background outside the window is blurred, showing what appears to be a snowy or light-colored landscape. Overlaid on the image is a large, bold, purple percentage '25%'. The text is positioned in the center-left to center-right of the frame, partially obscuring the child's face and the window frame.

25%



# STIGMA





**LONELINESS**



A young child with blonde hair is being held by a woman with red hair. The child is wearing a blue knitted sweater and is looking towards the camera. The woman is wearing a grey knitted sweater. The word "SUPPORT" is overlaid in large, white, distressed font across the center of the image.

**SUPPORT**



600%



# MENTAL HEALTH PROMOTION AND PROBLEM PREVENTION IN SCHOOLS







# VARJOTON MIELI

(Shadowless mind)

#varjotonmieli

[www.varjotonmieli.fi](http://www.varjotonmieli.fi)



# www.varjotonmieli.fi

- Developed in 2016-2017 by:
  - FinFami – Finnish Central Association of Families of People with mental illness / Incredible Opportunity -project
  - A-Clinic Foundation / Fragile Childhood -program
- Including:
  - Short movie (30 min)
  - Draama exercises (for shorter and longer sessions)
  - Teacher's manual
- All material can be downloaded for free from the website
- Schools challenge each other to use the material
- Instagram

# TRAILER (3 MIN)

<https://vimeo.com/217954575>







01:33

HD

**EMPATHY**



**GROUP WORK SKILLS**



**MORE**

**RIGHT INFORMATION**

**GET HELP &  
HELPING A FRIEND**







**SHAME**



**LONELINESS**



**LESS**

**PREJUDICE**



**REACH OUT FOR HELP**





It's okay to have breakdowns and throw fists and stuff around. It is okay to get angry and mad and jealous. It is okay to get upset. It is okay to be sick of it all. It is okay to not to be okay. But it is not okay to give up.

# Thank you!

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MIELENTERVEYSOMAISTEN  
KESKUSLIITTO

