



# Bloom

For young people's mental health



## What is Bloom?

Bloom is the largest **FREE** UK-wide programme for 14-18-year-olds supporting mental health resilience. Delivered in schools and colleges, Bloom equips young people with the tools and knowledge to maintain their mental health through life's transitions, both now and in the future.

Most long-term mental health problems begin in adolescence, with 75% of mental illnesses starting before a person's 18th birthday. Evidence shows that good, early **preventative** support in the right place at the right time can help to avoid deterioration in young people's mental health and equip them for the challenges of everyday life.

Staff are trained to continue delivering the Bloom programme, thereby leaving a legacy that supports and empowers many more young people in the future.

"What a fantastic programme the Bloom programme is. The programme leader was inspirational throughout. All the topics covered were of massive benefit to the year 11's at Unsworth. This is a service I would recommend to secondary schools across the country."

Christian O'Hara, Teacher  
Unsworth Academy

### Co-Delivery

8 week programme -  
staff training &  
7 student workshops



### Bloom Lite

One-off 1hr  
student workshops



### Bloom on Clic

Elearning, Zoom training  
and resources





For young people's mental health



## Bloom topics



Resilience



Exam Pressure



Friendships  
(bullying, conflict)



Managing Studies



Social Pressures



Work/life balance  
(juggling time)



Decisions about  
the future



Anxiety



Low Mood and  
Depression

## Our reach

**200,000**  
Young people

**3,000+**  
Teachers trained

So far...

%

After our training **94%** of teachers felt confident and equipped to deliver Bloom in their schools and **97%** said they had a better understanding of resilience.

%

**80%** of young people who participated in the programme felt more confident in their understanding of resilience.

## Get in touch!

Find out how Bloom can benefit your school or college



"Bloom wasn't just mental health. It was about how to deal with exam stress and social pressure. It was about how to alter your thoughts and how that can change everything."

Josue, Student  
Leeds City College



## Contact us

Speak with your regional Engagement Officer about face-to-face workshop options in your area, discuss your school's needs and how we may be able to support you.



[schools@mentalhealth-uk.org](mailto:schools@mentalhealth-uk.org)  
[colleges@mentalhealth-uk.org](mailto:colleges@mentalhealth-uk.org)



## Sign up

Sign up to Bloom on Clic for access to free online resources, webinars, e-learning, online forums for teacher and student wellbeing, access to free training and much more!



[bloom.clic-uk.org](https://bloom.clic-uk.org)

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