

Thank you for your interest in Action Mental Health's Healthy Heroes programme for your school.

Healthy Heroes includes emotional wellbeing sessions delivered by Action Mental Health staff as well as teacher-led sessions. The programme is designed to support children in primary 7 who are about to make the move to big school.



Resources are provided for each of the teacher-led sessions. The Action Mental Health team will also be on hand throughout the year to support each school in the delivery and evaluation of the Healthy Heroes programme.

Package	Number of classes who benefit	Number of teachers who benefit	Investment
Healthy Heroes for 1 class	1x Primary 7 class	1	£1,745
Healthy Heroes for 2 classes with sessions delivered on the same day (am and pm)	2x Primary 7 classes	2	£2,210
Healthy Heroes for 3 classes (2 programmes on one day and another on a separate day)	3x Primary 7 classes	3	£3,040

To find out more or discuss any aspect of the programme
please contact:

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