

CoRAY Project based at the University of Oxford, in partnership with the **Charlie Waller Trust**, a mental health charity, have been developing **lesson plans** for mainstream and alternative educational settings, alongside **films** and **guides for teachers, parents and carers** on the following 5 key themes that young people have told us they would like support with:



**Managing Change
& Uncertainty**

**Feeling Lonely, Isolated
& Disconnected**

**Feeling Bored, Flat
& Unmotivated**

**Feeling Anxious About
Social Situations**

**Seeking Help for
Mental Health**

GET IN TOUCH

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FIND OUT MORE

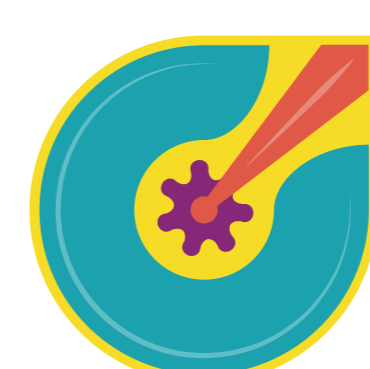
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These resources are designed to be used by teachers, parents, carers and anyone working with or supporting young people.

In partnership with



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