



MentalEdGroup



About our intervention

HeadsUp! is a stepped-care literacy program for students. The goal of HeadsUp! is to strengthen mental resilience and prevent mental health problems. HeadsUp! teaches students to not only focus on their physical well-being, but also on their mental well-being and their sense of happiness.

HeadsUp! is a preventive intervention designed to support students who might experience symptoms of anxiety, depression or a low mood, such as withdrawal, irritability, fatigue, changes in appetite, and declining academic performance. It's essential to address these issues, especially among students, as they may find it challenging to overcome such emotions independently. Strong feelings of shame often play a role in this. Being down is not 'cool.' For these young people, there is the HeadsUp! intervention.



**Best
Stepped Care
Approach
For Students,
Schools and
Educators**



Contact Us



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Abu Dhabi, United Arab
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HeadsUp!

A preventive intervention in
mental health education.

HeadsUp! helps you with...



Classes & Interaction

In four targeted lessons, students learn to shift negative thoughts to positive ones, building mental resilience and tackling feelings of gloominess. The group course enhances this process, fostering mutual recognition and support among students. The interactive classes are school-based, making this preventive intervention directly applicable for students.



Evidence - based

HeadsUp! is an evidence-based preventive intervention. By using a pre-test and post-test, a needs-assessment and by co-creating this intervention with a diverse student population, we can demonstrate the effectiveness of the intervention. This data will result in tailored recommendations for your school and your students.

- Our 3-C Model

Our proactive approach tailors interventions to diverse Cultures whilst breaking barriers. We advocate for mental health on school agendas, fostering open Communication. Recognizing Contextual determinants, HeadsUp! ensures support for every student. With this comprehensive, tailored approach, HeadsUp! is for every student.

- Social-Emotional Learning

HeadsUp! elevates education with social-emotional learning. We highlight the crucial role of SEL in student success and for attaining vital skills. Combine academic excellence with HeadsUp! for a holistic approach to education.

- The Walk & Talk!

At the conclusion of our program, students and staff embark on a 'Walk & Talk.' This engaging stroll encourages discussions about what they have learned, promoting an exchange of ideas while adapting healthy habits.

Why Choose Us

- Accreditation of trainers: Dutch Association of Pedagogues and Educationalists
- Evidence-based, tested in practice
- Cross-cultural understanding

No health without mental health

Sustainable Development Goals 2030

