



MentalEdGroup



Best Stepped Care Approach For Students and Schools



About our intervention

The HeadsUp! program is a structured program aimed at promoting open conversations about mental health in the classroom from an early age. Its main goal is to proactively improve mental health awareness within schools, based on thorough research and expert recommendations.

The intervention is five classroom-based lessons for each year group covering the theory of mental health, physical exercises, group discussion and collaboration, and tips for students to identify their thoughts and feelings about mental well-being and mental health issues. The programme aims to take a holistic approach. This is not just a series of "off the shelf" lessons, but a journey, a partnership so that the programme can be as impactful as possible in a school context.

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 five targeted lessons, students learn to shift negative thoughts to positive ones, building mental resilience and tackling feelings of gloominess. The group dynamics enhance this literacy 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 co-creating this intervention with a diverse student population, educationalists and mental health experts, 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 approach, HeadsUp! is for every student and school establishment.

- Social-Emotional Learning

The curriculum promotes an inclusive, empathetic learning environment, encouraging students to support themselves and their peers. We have designed teaching and learning materials that will resonate with teachers/trainers/students and parents, especially in the international context.

- 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.

No health without mental health

Sustainable Development Goals 2030



Why Choose Us

- Training delivered by educationalists and pedagogues
- Evidence-based, tested in practice
- Cross-cultural understanding