



Mental Health: Starting Early, Staying Well

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About us

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie died by suicide. He was suffering from depression.

In response to this tragedy, his family founded The Charlie Waller Trust, to open up the conversation around mental health, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.



Mental health: starting early, staying well

One donation, twice the impact
2 – 9 December

Getting the right support at the right time is essential for young people's mental health.

If you'd like to make a positive difference to young people's lives and futures, please donate to our Big Give appeal, and have your donation doubled, to help us reach our target of £52k.

Scan the QR code for more information and to watch our campaign video.



Find out more





Evidence based training



Positive

We take a positive approach to mental health. We focus on prevention and early intervention, and recognise the importance of offering hope.



Proven

Our consultancy, training and resources are all based on sound clinical evidence.



Practical

We give people practical strategies and tools to care for their mental health, and to support others in doing so.



Before we begin

Timings

The webinar will be approximately 90 minutes. We do not have any scheduled comfort breaks but please feel free to step away from your screen if needed.

Recording

Please note that this webinar will be recorded and published on our website for others to watch on-demand.

Sharing personal experience

Only if you're comfortable doing so, you may be asked to share your own personal experiences during the session to help with education and training.

Safety and openness

Sensitive topics may be discussed during this webinar, please feel free to step away if needed. We want to foster a sense of safety and openness during this webinar where everyone listens to one another and supports each other's perspectives. At the end of the session, we will sign post to organisations to access further support.



Welcome



Introductions
Who are you?
Session outline
Wellbeing Action plans



What is salutogenesis?



"We are coming to understand health, not as the absence of disease, but rather as the process by which individuals maintain their sense of coherence (i.e. a sense that life is comprehensible, manageable, and meaningful) and an ability to function in the face of changes in themselves, as well as in their relationship with their environment."

-Aaron Antonovsky



Comprehensibility

This is our sense that life events are structured, predictable and understandable

It matters early because it reduces anxiety, supports emotional regulation, builds safety and trust



In real life, this can be: consistent routines and boundaries, teaching emotional literacy and psychoeducation



Comprehensibility

Practical applications

Emotion Naming & 'Feelings First' language

Predictable routines → calm nervous systems



Transparency & simple psychoeducation

Normalising emotions



Spotting patterns together

<https://www.youtube.com/watch?v=JwmnHOzytIU>

Manageability



This is a belief that we have the resources (internal and external) to cope.

Key protective factors are: supportive adults, coping skills and strategies, agency, self-efficacy



In real life, you can: build coping toolkits, encourage help-seeking and self-advocacy, adult 'scaffolding', recognising early signs of distress and responding early.



Manageability

Practical applications

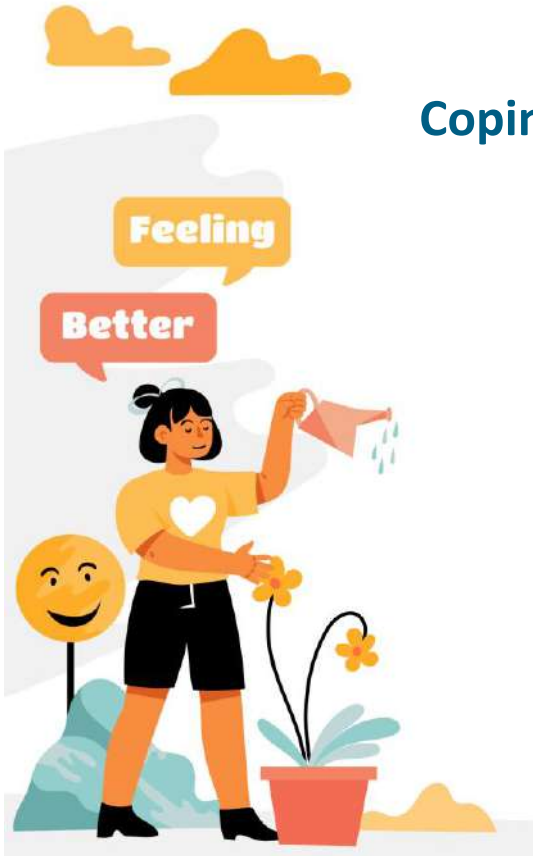
Coping strategies that can be taught in minutes

Co-regulation

Help-seeking & building a support map

Scaling questions

Adjusting expectations ('scaffolding')





Meaningfulness

This is a sense that life has purpose and emotional significance. An awareness of one's own self-worth, and that everyone deserves to feel well.

This is connected to motivation, belonging and hope –these act as powerful buffers against risky behaviours.



In real life, you can: have strengths-based conversations, identify passions, values and goals; support contribution and agency, and build belonging.

<https://www.youtube.com/watch?v=r5x93oyrZ3Y>



Meaningfulness

Practical applications

Strengths spotting

Values-led conversations

Connection, belonging, and community

Encouraging agency & contribution

Joy and restorative activities





Starting early, staying well

When young people can make sense of their experiences (**Comprehensibility**), they're more able to believe they can manage them (**Manageability**). And when they can both understand and manage what's happening, they start to find meaning and purpose in it (**Meaningfulness**).

That sense of meaning then loops back — it motivates them to keep learning, asking for help, and staying connected, which in turn deepens their understanding and strengthens their confidence to cope. This is the virtuous circle of wellbeing.





Watch previous webinars



- **Neurodiversity and mental health**
- **First term of secondary school**
- **Talking about suicide**
- **Whole school and college approach to better men**
- **A whole university approach to mental Health**
- **Talking about self-harm**

And more coming in 2026

charliewaller.org/mental-health-training-support/mental-health-webinars



The Charlie Waller Trust

We provide training and mental health resources for:



Schools



Colleges



Universities



Parents and Carers



Workplace

Learn more at charliewaller.org

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