

Verbal Wellbeing:

A whole school, preventative mental health & emotional wellbeing programme for primary-age children in the Republic of Ireland

Summary Report



Verbal delivered a psychologically informed, high engagement, storytelling programme to improve resilience and mental wellbeing in primary and secondary schools in Co. Donegal.

Delivered to **293** students aged **8-14** across **120** storytelling sessions

Programme Feedback



Resilience

53%

of children showed an increase in resilience

Children **significantly** improved in managing problems and seeking help from others. **Significant** increase in girls with low resilience.

Mental Wellbeing

42%

of children showed improvements in their mental wellbeing

Significant increase in primary school children feeling cheerful, calm and rested.

Highlights

Our programme **measurably improved resilience and mental wellbeing**, including in at-risk groups such as girls and children making the school transition. These findings indicate that **Verbal Wellbeing can bridge the gap between mental health services** by delivering both group and 1-2-1 programmes in schools.

