



Pamoja Education Package

Why is it needed?

Prioritising mental health education in schools is critical, as early, preventative support can prevent small struggles from becoming serious, long-term problems. By equipping children and teachers with coping skills and awareness now, we protect their wellbeing, reduce crises, and create safer, more resilient school communities.

Evidence from East African schools already implementing mental-health education shows a 30% decrease in student-reported anxiety and depression, a 20% improvement in academic performance, and 70% of students feeling safer and more supported —demonstrating the powerful impact of early, school-based mental-health learning.

What does Pamoja offer?

Pamoja offers a comprehensive range of services for schools and universities, from individual support to tailored training, designed to empower students, staff, and whole learning communities to address mental health holistically and effectively.

All training and individual support is conducted in person, learning resources will be provided.

Please contact us for more information regarding bookings and pricing.

Training & education packages

For Teachers, Management & Wider School staff

- ▶ **Safeguarding training** identifies how to protect children from harm, helps education staff recognise early signs of risk, and equips them to respond appropriately to keep students safe
 - Level 1** - Basic Awareness (how many lessons, time period)
 - Level 2** - Practitioner Level
 - Level 3** - For Specialist/Designated Staff
 - Level 4** - For Strategic Leadership
- ▶ **Mental health awareness training** that equips teachers and school staff with the **skills and knowledge to recognise mental health concerns early, respond effectively and actively support students' wellbeing.**

Topics include but are not limited to:

 - ▶ **Recognizing trauma and adverse childhood experiences (ACEs)**
How trauma affects learning and behaviour
 - ▶ **Understanding neurodiversity and additional learning needs**
Promoting inclusive thinking and supportive approaches for diverse minds
 - ▶ **Creating a safe and inclusive classroom environment**
Strategies to promote student wellbeing
 - ▶ **Self-care and burnout prevention for educators**
Managing stress in high pressure environments.



For students

Personalised mental health support for students

- ▶ **Tembea assessment** (holistic mental health assessment)
- ▶ **Tembea plan** (holistic mental health plan)
- ▶ **Counselling**
- ▶ **Psychology**
- ▶ **Occupational therapy**
- ▶ **Ecotherapy**
- ▶ **Medication management**
- ▶ **Safeguarding consultation.**

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- ▶ **Mental health and wellbeing education** for students from primary age to university level
- ▶ **Primary age**
This package helps younger students develop emotional literacy, resilience, and healthy coping skills in an age-appropriate, supportive way. They learn to recognise and express feelings, use simple strategies to manage emotions and seek help from trusted adults. The programme also builds social skills such as empathy, sharing, and resolving small conflicts positively
- ▶ **Secondary age**
This education package recognises that the teenage years can be challenging, particularly as students explore identity, emotions, and their place in the world. It develops practical coping skills and resilience to support emotional regulation, confidence and healthy decision-making. Students learn to manage stress, develop a strong sense of identity, navigate social pressures and respond more effectively to the mental health challenges they may face
- ▶ **College and university students**
This education package supports young adults as they navigate the major transitions of emerging adulthood, increased independence, and stepping into the wider world. It strengthens mental health awareness, resilience, and self-management skills to help maintain wellbeing amid change, pressure, and new responsibilities. Students learn strategies to manage academic demands, social pressures, financial stressors, and the evolving challenges of adulthood with greater confidence and stability.



Break the stigma, expand access, transform lives — take the first step with Pamoja.
Together, we can do better.