



Mental Health and Wellbeing Toolkit

YOUNG MINDS

Building Positive Mental Health

Activities for professionals working with young people to help build positive mental health and well-being. Includes FREE to download worksheets and instructions on how to use the activities one to one or in groups.

<https://www.youngminds.org.uk/professional/resources/building-positive-mental-health/>

How to take a conversation with young people about mental health

Guide for professionals on how to initiate a conversation with a young person about mental health and how you can respond when a young person opens up.

<https://www.youngminds.org.uk/professional/resources/how-to-have-a-conversation-with-young-people-about-mental-health/>

Self care and support over the summer holidays

Tips and practical tools to help pupils look after their mental health and feel positive about the summer holidays.

<https://www.youngminds.org.uk/professional/resources/self-care-support-over-the-summer-holidays/>

ANNA FREUD

Range of resources FREE to download

Classroom wellbeing toolkit

Resource to help secondary school staff take steps to promote and support students mental health and wellbeing through everyday practices.

<https://www.annafreud.org/resources/schools-and-colleges/classroom-wellbeing-toolkit/>

Let's talk about anxiety

Animation and resources toolkit to help students aged 11 to 13 to normalise, understand and manage anxious feelings.

<https://www.annafreud.org/resources/schools-and-colleges/lets-talk-about-anxiety-animation-and-teacher-toolkit/>

My self care plan

Helps secondary age young people identify activities they can use to support her mental health

<https://www.annafreud.org/resources/schools-and-colleges/my-self-care-plan-secondary-and-fe/>

Self care summer

Advice for education staff

<https://www.annafreud.org/resources/schools-and-colleges/self-care-summer-advice-for-education-staff/>

BRAINWAVES

Register for FREE to access resources to develop mental health literacy in Secondary schools.

Wellbeing lessons

Lessons and resources to strengthen student mental health and wellbeing.

<https://education.brainwaveshub.org/brainwaves-lessons/>

Teacher CPD on mental health

Series of FREE webinars designed to help teachers what works when teaching about mental health in schools. All can be watched on demand.

<https://education.brainwaveshub.org/events/>

SAMARITANS

DEAL: Developing Emotional Awareness and Listening

FREE resource for teachers and other educational professionals designed to help develop resilience in young people. Includes lesson plans, activities, handouts, DEAL digital resources, teachers notes and staff training materials. Divided into four themes: Emotional Health, Coping Strategies, Dealing with Feelings and Connecting with others.

<https://www.samaritans.org/how-we-can-help/schools/deal/>

EDUCATION SUPPORT UK

Charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities.

Resources – Guides, articles and videos for individuals and organisations.

<https://www.educationsupport.org.uk/resources/>

Wellbeing Services

Includes **School and FE leaders service**. Fully funded confidential professional supervision sessions, focusing on mental wellbeing and help develop coping strategies to feel more fulfilled and in control.

<https://www.educationsupport.org.uk/get-help/help-for-your-staff/wellbeing-services/school-and-fe-leaders-service/>

Helpline – 08000 562 561

Downloadable poster for staffroom

<https://www.educationsupport.org.uk/get-help/help-for-you/helpline/>

BARNARDOS

Mental health and wellbeing.

One page printable activities and posters for young people to complete with an adult. Areas covered include; Mental Health and Wellbeing, Bereavement, Grief and Loss and Change.

<https://www.educators-barnardos.org.uk/resources/activities-and-posters>

BBC TEACH

My Troubled Mind

Series of powerful animated films exploring personal experiences of teenagers dealing with mental health issues, including eating disorders, anxiety, addiction and depression. Suitable for KS3.

Due to sensitive nature strongly advise teacher viewing before watching with students.

<https://www.bbc.co.uk/teach/class-clips-video/articles/zdjv7nb>

Time to Talk About

Series of films intended to start classroom discussions around mental health. Covers anxiety, self-esteem, mental wellbeing, stress and depression. Involves five well known contributors who have experienced similar issues. Suitable for KS3 and KS4

<https://www.bbc.co.uk/teach/class-clips-video/articles/zs8j2v4>

CHILDLINE

Advice and support for young people. Can email a Childline counsellor at anytime by signing up for an account. DO NOT need an email account.

https://www.childline.org.uk/info-advice/your-feelings/mental-health/?gad_source=1&gclid=Cj0KCQjwztOwBhD7ARIsAPDKnkBxfGULz4uoJiHNBv6w5GBIFebnnYQ1MB2XORji4RLZVirFsC1Th4QaAj4rEALw_wcB&gclsrc=aw.ds

Everyday Tips for how you're Feeling

Getting through a tough time

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/getting-through-tough-time/>

Taking Care of yourself

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/taking-care-of-yourself/>

Building Confidence and Self Esteem

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/>

NSPCC LEARNING

Mental health and wellbeing safeguarding in education training – COST £30

Online course to help recognise, respond to and support young people's mental health in schools and colleges. CPD certified with downloadable certificate. Includes scenarios, interactive quizzes and reflective tasks to help develop your understanding and confidence.

<https://learning.nspcc.org.uk/training/mental-health-emotional-wellbeing-safeguarding-education>

PAPYRUS

Building Suicide-Safer Schools and Colleges

A guide that aims to equip teachers and school staff with the skills and knowledge necessary to support students who may be having suicidal thoughts. Free to download.

<https://www.papyrus-uk.org/schools-guide/>

