

Mental Health Awareness Week toolkit

Primary

Mental Health Awareness Week takes place from 12–18 May 2025.

Organised by the Mental Health Foundation, this year's theme, 'Community', focuses on how connection and belonging support mental health and wellbeing.

A strong support network can make a real difference to how we feel. Whether at school, at home or in wider social circles, feeling part of a community can provide comfort, encouragement and a sense of purpose.

This toolkit brings together resources to help you explore these ideas with your pupils during Mental Health Awareness Week. It includes resources that encourage discussions about belonging and connection. These can support pupils to explore their feelings and develop positive relationships, helping them feel more connected to others.

You'll also find resources to support your own wellbeing, as well as ideas for promoting staff mental health and creating space for open conversations across your setting.

This month's featured resources

Resources for pupils

Building connections – *Public Health England*

This lesson supports Year 6 pupils to understand that it's normal to feel lonely, and that there are strategies they can use to safely build connections with family, friends and their community.



[View resource](#)

Top tips for making friends - *Childline*

Advice for children on forming and developing friendships.



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Talking mental health: animation & teacher toolkit – Anna Freud

An animation and accompanying teacher toolkit designed to help begin conversations about mental health in the classroom and beyond.



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Understanding our emotions - *YoungMinds and Beano*

A lesson that introduces pupils to different emotions, how to speak about them and how to manage them.



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Mentally Healthy Schools

Resources for staff

10 ways to support school staff wellbeing – Anna Freud

A report looking at how to best support staff wellbeing in schools. It focuses on self-care and support, balancing workloads, and provides advice on how to measure and monitor wellbeing in schools.



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How to talk about and support young people with their wellbeing - The Children's Society

A comprehensive, children and young person-led guide to supporting wellbeing and opening up about mental health.



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Managing teacher anxiety - Education support

Tips for teachers on how to manage anxiety at work.



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Every Mind Matters self-care tool - Public Health England

An online tool and action plan that provides personalised, practical tips to support individuals to manage stress and look after their mental wellbeing.



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Overview of ideas to enable student voice in schools and colleges - Mentally Well Schools

A list of ideas to enable pupil voice, so that every pupil's voice is heard, valued, and can influence decisions.



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Mental wellbeing audio guides - NHS

A series of short audio guides which share professional advice for dealing with difficult feelings and improving your mental health and wellbeing.



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