MENTALLY HEALTHY SCHOOLS

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Guidance for the using Mentally Healthy Schools website

I am a primary or secondary teacher. I am worried about the mental health and wellbeing of a particular student. How can Mentally Healthy Schools help?

If you are worried that a child or young person is at risk involve your designated safeguarding lead as a matter of priority who will contact the parents/carers and other services as necessary. If the child or young person is at immediate risk, ensure that they are taken to their GP or A&E as a matter of urgency, depending on the severity of the concern.

A number of factors may impact the mental health of your students at any time, for example, if the child is a young carer or has experienced a bereavement or traumatic event. To find out how to spot the signs and understand what your school or college can do, explore the pages on risks and protective factors and how they affect mental health.

If parents and carers need to be contacted, we have guidance on how to start a conversation with parents and carers.

If a student has a known mental health need, for example, anxiety or depression, you may want to learn more about it in order to support them better.

You may want to find a resource to support them with their mental health need. The Mentally Healthy Schools' resource library features hundreds of free quality-assured mental health resources. You can easily filter by age, resource type and theme to find exactly what you are looking for.

If you have never used our resources before, read our guidance for using resources which gives you tips for creating a safe environment for learning about mental health.

To receive updates on new resources, a free curated monthly toolkit and a way to save your favourite resources, you can create an account.

If your concerns about a child mean that you would like to refer them to further support, we have a CAMHS guidance page on how to gather evidence for a referral.

To learn how teachers have successfully used Mentally Healthy Schools resources to improve mental health and wellbeing in their settings, read our practice examples.