



## Guidance for the using Mentally Healthy Schools website

**I am a teacher and I want to find information to support and signpost parents and carers with their children's wellbeing...**



*Whilst Mentally Healthy Schools is a website for teachers, there are a number of pages and resources that may be useful for involving parents and carers in their child's wellbeing.*

A whole-school approach to mental health involves the whole-school community. To ensure parents are part of the school or college's approach to mental health, we have provided a page of guidance on how to [engage parents and carers](#).

If you want to discuss a mental health concern with a particular parent or carer, a great place to start is with [how to start a conversation with parents and carers](#). This will give you guidance and tips for before, during and after the meeting.

After meeting with parents/carers, you may feel it is suitable to share some resources with them to support their child. You can find information resources for parents in our [resource library](#) or where appropriate, you may want to share a learning resource you have already used successfully with the student.

To support parents and carers to use resources from Mentally Healthy Schools, we have written [guidance specifically for parents and carers](#), to help them create a safe and calm environment to use the resources with their child.