



## Guidance for the using Mentally Healthy Schools website

### I am a secondary school teacher, I want to learn more about supporting my whole class...



If you want to know how to introduce mental health into your classroom, head straight to the [getting started](#) section.

A great place to start is [what's mental health?](#) to develop basic professional knowledge on the subject of mental health in schools. There is even a page specifically for [teachers and support staff](#).

This information on [neuroscience](#) and brain development in young people will give a deeper understanding of how neurological changes may impact mental health and behaviour.

It may seem difficult to know where to start a conversation about mental health with a young person, but we have you covered with our page on [starting the conversation](#).

When you are ready, head to our [resource library](#) to browse the hundreds of free, quality-assured mental health resources featured on Mentally Healthy Schools. You can easily filter by age, resource type and theme to find exactly what you are looking for.

So now you have found a great resource - but before you deliver that lesson, 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](#).

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