

# Mental Health Awareness Week toolkit

Mental Health Awareness Week starts on Monday 15th May, and is one of the biggest mental health awareness events in the school or college calendar.

The week is organised by the Mental Health Foundation, which has chosen the theme of anxiety for this year. We regularly hear from school and college staff that anxiety amongst students is a key concern, and we know that anxiety and stress affect school and college staff too.

In this toolkit, we're sharing some resources to help you share information about mental health and anxiety with your students during Mental Health Awareness Week. We've also included resources for staff to help you prioritise your own mental wellbeing.

## Resources for students

[We all have mental health: animation & teacher toolkit](#) – Anna Freud Centre

Mental Health Awareness Week is the ideal opportunity to learn more about our mental health and how to look after it, which this animation and accompanying guidance explores.

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Mentally Healthy  
Schools newsletter  
for more resources

## [Mental health factsheet for young people](#) – Anna Freud Centre & UCL

There is a lot of research into young people's mental health, but it can be difficult to access and understand. This illustrated resource summarises recent research evidence about young people's mental health in a format accessible to secondary school and college students.

## [What is emotional health? class activity](#) - Samaritans

This class activity will get students thinking about the concept of emotional health, and how it links to and differs from physical health.

## [Managing stress and anxiety: tips for students and apprentices](#) – Charlie Waller Trust

A handout and poster for young people with tips and exercises to combat stress and anxiety.

## Resources for staff

### [Mental wellbeing audio guides](#) – NHS

A series of short audio guides short audio which share professional advice for dealing with difficult feelings including anxiety, low confidence and low mood.

### [Reframing thoughts activity for school staff](#) – Mentally Healthy Schools

This simple template can be used by anyone to identify unhelpful or negative thoughts, and try to reframe them.

### [Managing teacher anxiety](#) – Education Support

Some simple tips from education staff mental health charity Education Support for reducing anxiety.



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