

World Mental Health Day toolkit



World Mental Health Day is on October 10.

This year the theme is 'it is time to prioritise mental health in the workplace.' For schools and colleges, this means not only supporting the mental wellbeing of their students, but also prioritising the wellbeing of their staff.

School and college staff play a crucial role in supporting the education and mental wellbeing of their students. However, the pressures of workloads, deadlines, and a lack of resources can often significantly impact staff's own mental wellbeing.

This toolkit contains guidance and resources to help leadership teams and senior mental health leads to prioritise the wellbeing of their staff as part of a whole-school or college approach to mental wellbeing.

It also contains resources for use by staff to support their mental health and wellbeing.

Resources



[5 steps to mental health and wellbeing: Supporting staff](#) – Anna Freud

Guidance and resources on promoting and prioritising staff wellbeing as part of a whole-school or college approach to mental health and wellbeing.

[Ten ways to support staff wellbeing: an action-planning guide](#) – Anna Freud

An action-planning guide and template to help leadership teams implement effective wellbeing support for their staff across their school or college.

[Education staff wellbeing charter](#) - Department for Education

A declaration of support and set of commitments to the wellbeing of staff, with accompanying guidance and resources.

[Staff wellbeing audit](#) - Education Support

A tool to assess the quality of your setting's current policies and processes for supporting staff mental health and wellbeing.

[Wellbeing measurement for school staff survey](#) - CORC and Anna Freud

Survey questions and guidance to help school and college leadership teams better understand their staff and provide them with the support they need.

[Staff mental health and wellbeing plan](#) - Education support

A template to support school and college leaders to develop and implement a staff mental health and wellbeing plan.

[Supporting staff from racially minoritised groups](#) – Anna Freud

Information about the impact of racism on school staff, and guidance for schools on how to foster a safe and supportive environment.

[Improve workload and wellbeing for school staff](#) - Department for Education

Resources to help promote staff wellbeing and support workload reduction in schools and colleges.

[Wellbeing tips for teachers](#) - Education Support

A suite of resources to support staff to look after their own and each other's wellbeing.

[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.

[How to handle stress](#) - Education Support

An article and printable poster with tips and guidance for staff on how to manage stress and look after their mental wellbeing.

[Education Support](#) is a charity supporting the mental health and wellbeing of teachers and education staff in schools and colleges.

If you need more direct support, you can call the Education Support helpline on **08000 562 561**.



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Anna Freud
Mentally Healthy Schools