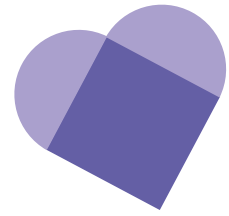


Mental Health Awareness Week toolkit



Mental Health Awareness Week takes place from 13 - 19 May 2024.

The week is organised by the Mental Health Foundation. This year, the theme is 'Movement: moving more for our mental health.' We know that movement and exercise can protect and build our mental wellbeing, boost our mood, and help us to look after our health.

In this toolkit, we're sharing resources to help you discuss mental health with your students during Mental Health Awareness Week. It contains resources that explore the links between mental and physical health, as well as materials to teach students more broadly about how to build good mental wellbeing.

We've also included resources for staff, to both support your own mental health and to start conversations with your students.

Resources

Resources for students



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

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

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

An animation and toolkit designed to provide young people with accessible language to talk about mental health and wellbeing.

[Wellbeing activities – being kind to yourself](#) – British Red Cross

A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.

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

An illustrated factsheet summarising research and evidence about young people's mental health in a format accessible to secondary school and college students.

Resources for staff

[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.

[Mental wellbeing audio guides](#) – NHS

A series of short audio guides which share professional advice for dealing with difficult feelings and improving your mental health and wellbeing.

[How to talk about and support young people with their wellbeing](#) – **The Children's Society**

A children and young person-led guide to support staff to discuss wellbeing with their students.



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