

## Whole school approach to mental health

In order to support pupils with a mental health problem it is important to reach all parts of your school community and beyond, as teachers, parents and other staff will also be affected.

A whole-school approach is an ideal way to bring about changes to policy and practice to ensure everyone is fully on board, from governors to teaching assistants. Evidence suggests that schools with a whole school plan are more likely to have a positive impact on the mental health and wellbeing of pupils.

To find out more about the whole school approach to mental health, see the recommended reports below:

[A whole school framework - self assessment and improvement tool](https://www.ncb.org.uk) (ncb.org.uk)  
[Promoting children and young people's emotional health and wellbeing](https://www.gov.uk) (gov.uk)

## School vision and environment

[Mental health policy](https://www.cwmt.org.uk) (cwmt.org.uk)  
[Mental health library- book ideas](https://www.inourhands.com) (inourhands.com)  
[Whole school approach to mental health- Healthy London toolkit](https://www.healthlondon.org) (healthlondon.org)

## Staff development

[Webinars](https://www.cwmt.org.uk) (cwmt.org.uk)  
[Adult resilience framework - bingbong](https://www.bingbong.org)  
[Talking about mental health - SecED article](https://www.sec-ed.co.uk)  
[Staff wellbeing - Dr Pooky Knightsmith article](https://www.dr-pooky-knightsmith.co.uk)  
[Employee assistance programme](https://www.educationsupportpartnership.org.uk) (educationsupportpartnership.org.uk)  
[How to manage stress - mental health top tips](https://www.mentalhealthtop.com)  
[Ealing staff training needs analysis report](https://www.word.com) (word)  
[Building trust in schools - article](https://www.greatergood.berkeley.edu) (greatergood.berkeley.edu)  
[Resilience training](https://www.boingboing.org.uk) (boingboing.org.uk)  
[Guidance for staff – wellbeing and occupational health](https://www.occupationalhealth.com)

## Pupils support

[Peer mentoring - a case study from newham](https://www.newham.gov.uk)  
[Kindness assembly - primary and secondary school resources](https://www.place2be.org.uk) (place2be.org.uk)  
[Safeguarding - NSPCC guidance](https://www.nspcc.org.uk) (nspcc.org.uk)  
[5 ways to wellbeing](https://www.mindkit.org.uk) (mindkit.org.uk)  
[Mindfulness for young people](https://www.mindkit.org.uk) (mindkit.org.uk)  
[School mental health ambassadors- template application form](https://www.doc.com) (doc)

## Curriculum

[Developing emotional awareness and listening - DEAL- Samaritans website](https://www.samaritans.org.uk)  
[Growth mindset resources](https://www.edutopia.org) (edutopia.org)  
[Effective enrichment sessions](https://www.sec-ed.co.uk) (sec-ed.co.uk)  
[How can mindfulness be useful](https://www.handsonscotland.co.uk) (handsonscotland.co.uk)  
[Fair workload charter- example](https://www.nottinghamschools.org) (nottinghamschools.org)

## Parents

[Leaflets, guides and posters](https://www.cwmt.org.uk) (cwmt.org.uk)  
[Parental engagement](https://www.gov.uk) (gov.uk)  
[Mental health and resilient therapy](https://www.pdf.com) (pdf)  
[Supporting your child- Top tips for parents and carers](https://www.pdf.com) (pdf)  
[Parent newsletter example](https://www.thebridgelondon.co.uk) (thebridgelondon.co.uk)

## Targeted support

[Children and young people's mental health](https://www.minded.org.uk) (minded.org.uk)  
[Making sense of mental health](https://www.nasschools.org.uk) (nasschools.org.uk)  
[Ealing CAMHS](https://www.westlondoncamhs.nhs.uk) (westlondoncamhs.nhs.uk)  
[LGBT contacts](https://www.westlondoncamhs.nhs.uk) (westlondoncamhs.nhs.uk)

## Contact

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### Related content

[Mental health](#)  
[Mental health cluster support to primary schools](#)

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