

## Health improvement resources and support

Below you will find a range of resources and support to help you deliver health and wellbeing topics at your school.

To help you navigate these resources, they have been split into health topics.

- [Mental health and emotional wellbeing](#)
- [Nutrition, exercise and oral health](#)
- [Personal, social, health and economics \(PSHE\)](#)
- [Relationships, sex and health education \(RSHE\)](#)
- [Safeguarding prevention](#)

### Health improvement training evaluation

After attending any health improvement training, please complete our one minute [training evaluation](#) and receive 1 healthy schools point.

### Book training

You can view all training events available and book via [Ealing CPD online](#).

#### Related content

[Kooth mental health support](#)

#### Related services

[Health improvement 2024/25](#)

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#### Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

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