



World Mental Health Day – staff toolkit

02 Oct 2025

Friday 10 October marks **World Mental Health Day** and this year's theme set by the World Federation for Mental Health is '**access to services: mental health in catastrophes and emergencies**' which highlights the urgent need for timely and compassionate support. For those working in education, the pressures can be particularly intense.

Staff toolkit

To support schools, a [World Mental Health Day Staff Toolkit](#) has been developed. The toolkit includes resources to help education professionals:

- Stay mentally well
- Manage stress
- Access support when it's needed most

Please share this resource across your networks to help ensure staff are aware of the support available.

Helpline

If someone needs to talk, a free, confidential emotional support helpline is available 24/7: 08000 562 561

Related content

[Mental health and emotional wellbeing](#)

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

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