The role of schools and colleges to promote and support mental health and wellbeing





Prevention for all

Leadership. commitment. knowledge and skills

School or college: ethos/valuesembedding in policies:

> Training for school/college. staff

Accountability / incentives

Identification.

Curriculum - : knowledge and awareness - tackling

Wellbeing promotion for pupils and learners

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Wider activities - PE & sport, cultural. enrichment.

Staff wellbeing - incl. workload reduction programme

SEND graduated response

Wellbeing. measurement.

Additional pastoral support.

> Behaviour responses

Early support

School/college: based. counselling.

Voluntary and Community: Sector in school/college.

Interventions: delivered by Mental Health Support teams:

Additional support - Ed. Psych, School Nurse etc.

Specialist input

Triage with specialist input.

Targeted: interventions for those who need it.

External specialist provision in/near. school/college.

Accessible specialist treatment / support

> Safeguarding. responses

Whole School or Coll+g+ Approach

Mapping to the eight principles in OHID/DfE guidance, to promote emotional health and wellbeing in schools & colleges:

- Creating an ethos and environment
- Curriculum, teaching and learning
- Identifying need & monitoring impact of interventions
- Targeted support & appropriate referral
- Leadership and management
 - Staff development
- Enabling the student voice.
- Working with parents, families and carers