



Mental Health and Well-Being

Overshadowed: The mental health needs of children and young people with learning disabilities – C&YP Mental Health Coalition – 2019

Overshadowed finds that children and young people with learning disabilities are more than four times more likely to develop a mental health problem. This means that 14% or one in seven of all children and young people with mental health difficulties in the UK will also have a learning disability.

<http://www.cypmhc.org.uk/resources/overshadowed>

Improving Social and Emotional Learning in Primary Schools

This guidance report aims to help primary schools support children's social and emotional development. It draws on a recent review of the evidence about social and emotional learning conducted by the University of Manchester, which was funded by the Education Endowment Foundation (EEF) and the Early Intervention Foundation (EIF). It also draws on a wider body of evidence and expert input.

https://educationendowmentfoundation.org.uk/public/files/Publications/SEL/EEF_Social_and_Emotional_Learning.pdf

Wellbeing, reading and writing resources from National Literacy Trust

National Literacy Trust research shows that children who enjoy reading are three times more likely to have good mental wellbeing than children who don't enjoy reading

The report, based on a survey of almost 50,000 UK school children aged 8 to 18, found that:

- Children who are the most engaged with reading and writing are much happier with their lives than children who are the least engaged
- As children transition from primary to secondary school, their levels of literacy engagement and mental wellbeing both decline and continue on this downward path
- Boys who are the most engaged with reading and writing have higher levels of mental wellbeing than girls who are engaged

NLT have worked with children's mental health charity, Place2Be, to develop a series of free wellbeing-themed teaching resources for primary schools, secondary schools and parents.

<https://literacytrust.org.uk/resources/wellbeing-reading-and-writing-resources/>

Relationships, sex and health education: guides for parents

The DfE have published guides for parents of primary and secondary age pupils that schools can use to communicate with them about teaching relationships and health education. The guides are published in a number of languages.

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

Relationships education, relationships and sex education (RSE) and health education – DfE – July 2019

Following the announcement that these subjects would become compulsory from September 2020, the DfE have now published the statutory guidance for schools to follow. Although the new curriculum will be mandatory from September 2020 schools are encouraged to adopt the new curriculum early from September 2019.

Schools must have regard to the guidance and, where they depart from those parts of the guidance which state that they should, or should not, do something, they will need to have good reasons for doing so.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

National mental health programme between schools and NHS – DfE – July 2019

The previous Education Secretary Damian Hinds set out the next steps in bringing together services for young people in need of mental health support. He announced a national roll out of a £9.3 million training scheme. The four-year scheme will be led by the Anna Freud National Centre for Children and Families.

Starting in September, the training will be rolled out to schools and colleges in phases over four years, being offered to up to 22,000 schools and colleges, including alternative provision settings.

The Link Programme will deliver just under 1,000 training sessions across England involving two whole-day workshops for up to 20 schools at a time to cover all 22,000 schools, encouraging collaborative work so children do not fall between the cracks or experience poor transition between services.

<https://www.annafreud.org/linkprogramme/>

New mental health support in schools and colleges and faster access to NHS care – NHS England

In 2017, the Government published its Green Paper for Transforming children and young people's mental health, which detailed proposals for expanding access to

mental health care for children and young people, building on the national NHS transformation programme which is already underway.

This website contains information about the two programmes that NHS England are currently committed to.

<https://www.england.nhs.uk/mental-health/cyp/trailblazers/>

Relationships (and sex) education and health education – DfE – February 2019

This guidance document contains information on what schools should do and sets out the legal duties with which schools must comply when teaching Relationships Education, Relationships and Sex Education (RSE) and Health Education.

The responses to the previous consultation will help inform any further refining of the draft regulations and statutory guidance before the regulations are put before Parliament and the guidance finally published.

<https://www.gov.uk/government/consultations/relationships-and-sex-education-and-health-education#history>

Mental Health and Behaviour in Schools – DfE – Updated November 2018

This guidance is for school staff and applies to all schools.

It gives advice on:

- how to create a whole school culture, including promoting positive mental health
- understanding the link between mental health and behaviour
- how to identify children with possible mental health problems
- where and how to put in place support, including working with external agencies where required

It also provides links to sources of further support and guidance.

This updated version has information about school responsibilities, and how to identify behaviours that may be related to a mental health problem. Also working with other professionals and external agencies, and where to find extra support.

<https://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2>

Mental health and wellbeing provision in schools – A review of published policies and information - DfE – October 2018

This report summarises a research project on the information schools provide to support their pupils' wellbeing and mental health.

The report uses a sample to evaluate activities and approaches in different schools, including:

- what policies schools currently publish
- how policies can help schools promote pupil wellbeing

The Department for Education (DfE) will use the findings from this report to understand how it can help schools meet their statutory duties in the future.

Chapter 5 looks at children with SEND and what provision in special schools looks like.

<https://www.gov.uk/government/publications/mental-health-and-wellbeing-provision-in-schools>

Transforming children and young people's mental health provision – DfE & DoH&SC – July 2018

This Green Paper is about what the government want to do to help children and young people with their mental health.

- A mental health lead in every school and college
- Mental health support teams working with schools and colleges
- Shorter waiting times
- Mental health of 16- to 25-year-olds
- Internet and social media
- Researching how to support families
- Researching how to prevent mental health problems

A quick read version of the Green Paper can be found at:

<https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper/quick-read-transforming-children-and-young-peoples-mental-health-provision>

Social Media and children's mental health: a review of the evidence – Education Policy Institute – June 2017

This report explores the relationship between social media and young people's mental health. The EPI investigated what is known about the extent to which young people are using social media.

https://epi.org.uk/wp-content/uploads/2018/01/Social-Media_Mental-Health_EPI-Report.pdf

Resources to support Mental Health and Well-being in schools



The NSPCC offer a suite of support materials that schools can download. These include training courses, safeguarding assessment tools and teaching resources. A free monthly safeguarding newsletter is also available.

<https://learning.nspcc.org.uk/safeguarding-child-protection-schools/>



Schools in Mind - is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.

<https://www.annafreud.org/what-we-do/schools-in-mind/>

On My Mind - aims to empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire.

It contains information, advice and resources to help young people support their own mental health, including signposting to sources of support in times of crisis and tools to help young people manage their own wellbeing.

<https://www.annafreud.org/on-my-mind/>



Young Minds is a charity that is leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties. The organisation supports parents, professionals and young people.

<https://youngminds.org.uk/>



Beat is the UK's eating disorder charity. They began life in 1989 as the first national charity for people with eating disorders because of a merger of two local charities. Called the Eating Disorders Association, we have grown and developed over time to become Beat.

<https://www.beateatingdisorders.org.uk/>



MHFA England

On World Mental Health Day in 2018 the focus was on young people and mental health in a changing world. In support MHFA launched a new set of resources for young people's wellbeing: the #HandsUp4HealthyMinds toolkit.

<https://mhfaengland.org/mhfa-centre/campaigns/world-mental-health-day-2018/>

MHFA England also offer a range of Adult and Youth training courses.

<https://mhfaengland.org/>



The Mental Health Foundation is the UK's charity for everyone's mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems.

Mental Health in Schools – Make it Count - is their latest campaign.

<https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count>



Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Our aim is to increase staff awareness, knowledge and confidence to help you support your pupils.

https://www.mentallyhealthyschools.org.uk/?utm_source=headstogether.org.uk&utm_medium=referral