

Mind's whole school approach to mental health

Launch messages for school audiences

Senior leadership team

Call to action: As a senior school leader, your support is incredibly important. Please champion our whole school approach to mental health to staff, pupils and parents.

What

- You're one of 17 secondary schools in England and Wales piloting our high-profile, exciting new way of looking after the mental health of everyone involved in school life.
- We call it our whole school approach to mental health. It's designed to enhance the mental health and wellbeing of your school's workforce, your peers, pupils, their parents and, of course, you, too.
- Underpinned by research, and designed and tested by the entire school community, our approach provides the essential things senior leaders, the school workforce, young people and parents said they need and want us to deliver.
- Our approach starts with a confidential mental health survey of staff, pupils and parents.
- We know schools already do lots of valuable work on mental health and the survey is a great opportunity for you to tell us about all of the things you're already doing.
- This survey will help us understand the current policies, procedures and practice within your school. It will be compared to the responses from the staff, pupil and parent surveys to help us understand everyone's experiences.
- Once we know more about this, and the mental health needs of your school's community, we'll use the survey results to create an action plan that we'll devise together.
- The action plan will outline the tailored mental health support we'll go on to provide in your school during the rest of the academic year.
- Our aim is to help the whole school workforce, young people and their parents to look after their mental health, cope more easily with the challenges of everyday life, better manage stress and build supportive, healthy relationships.
- By pioneering our approach you'll improve the mental health of your school, benefit from our expertise, and receive an academic year of mental health support absolutely free of charge.
- You'll be helping to rigorously test and evidence our approach, and you'll be at the forefront of shaping a long-term initiative set to help thousands of people for many years to come.

Why

- We all have mental health, just like we all have physical health, and there's lots we can do to look after it.
- Mental health can become a problem when it stops us from thinking or doing things we'd normally take for granted.
- Mental health problems are very common and are not a sign of weakness. They can happen to anyone, regardless of their age, gender, ethnicity, sexuality, upbringing, or job.
- One in six workers experiences common mental health problems and one in 10 young people has a diagnosable mental health problem.
- We spoke with lots of people from across the school community to design our whole school approach to mental health.
- Teachers and senior leaders said they want our help in school. They said they wanted clear direction and practical instructions about mental health so they can build on what they're already doing to support themselves, pupils and parents. We've incorporated their advice into our approach.
- Both Governments in England and Wales have recognised young people's mental health as a priority and identify schools as a key partner in offering support.
- Mind's whole school approach to mental health can support OFSTED requirements, for example the promotion of all aspects of pupils' welfare, and making informed choices about their mental wellbeing.
- For everyone to reach their full potential, it's important that schools are mentally healthy places for everyone to work, grow and visit.
- When the whole school community understands mental health life becomes better for everyone. With your help, our approach is the key to unlocking this. Please help us achieve it.

Where

- The pilot is being tested in 17 secondary schools in England and Wales.

When

- We're working in schools from September, for a full academic year.

Who

- We're Mind, the mental health experts. We want better mental health for everyone, and that includes you.
- Nationally, we provide advice and support through our helplines, online communities, information and workplace training. We campaign to improve services, raise awareness, and promote understanding.
- Locally, in England and Wales, our network of 130 local Minds provide practical, tailored services to over 300,000 people a year. Our local services find positive ways to help people live well, without fear of discrimination.

- HEY Mind will work with you, the wider school workforce, pupils and parents to test our new approach to mental health your school.

How

- We'll start by asking you and everyone in your school's community to take part in our confidential whole school mental health survey.
- It's designed to help us discover how pupils, parents and the school workforce feel about mental health, and to help us learn about the support already in place.
- It's vital that everyone takes the survey. The more responses we have from across the school community, the better our help will be. Please encourage your staff, pupils and parents to take part by explaining to them why it's important.
- In January, we'll provide you with a report detailing your school's survey results. We'll look at the results together, draw up an action plan and help you communicate this across the school community.
- As part of your action plan we might agree to provide mental health information, tailored assemblies, specialist training and workshops or one-to-one sessions.
- Whatever we do, we'll support you to make small, practical, everyday changes that build on the things you're already doing, and help you to make manageable improvements that support you in addressing any unmet need.
- Together we'll build people's confidence so everyone in your school's community is comfortable talking about mental health and feels able to ask for support if needed.
- Please champion our pilot. You have the power to help everyone look after their mental health so they can contribute to school life to the very best of their ability.
- Find out more about our whole school approach to mental health by emailing HEY Mind's Whole School Approach co-ordinator, Rebekah, on rpalmer@heymind.org.uk or your school lead to ask any questions.

Teachers / wider workforce

Call to action: Please get involved with our whole school approach to mental health to staff, pupils and parents.

What

- Your school is one of 17 secondary schools in England and Wales working with us to pilot our high-profile, exciting new way of looking after the mental health of everyone involved in school life.
- We call it our whole school approach to mental health. It's designed to support the mental health and wellbeing of everyone who works at your school, pupils, their parents and, of course, you, too.
- Based on research, and designed and tested by the entire school community, our approach provides the essential things everyone who works in schools, young people and their parents said they need and want us to deliver.
- Our approach starts with a confidential survey designed to help us find out what everyone involved in school life thinks about mental health. The result will help us to decide what support we can give.
- We aim to help you, the rest of the school workforce, young people and their parents to look after their mental health, cope more easily with the challenges of everyday life, better manage stress and build supportive relationships.
- By working with us you'll benefit from our mental health expertise. You'll be helping to test our approach, and you'll be shaping a long-term initiative set to help thousands of people for many years to come.

Why

- We all have mental health, just like we all have physical health, and there's lots we can do to look after it.
- It can become a problem when it stops us from thinking or doing things we'd normally take for granted.
- Mental health problems are very common. They can happen to anyone, regardless of their age, gender, ethnicity, sexuality, upbringing, or job.
- One in six workers experiences common mental health problems and one in 10 young people has a diagnosable mental health problem.
- The mental health of everyone involved in school life is interlinked, so to get the best outcomes for all, we need to support the entire the school community.
- We know from teachers and members of the wider school workforce that they want support to implement a whole school approach, including support for their own wellbeing and resilience.
- Along with pupils and parents, teachers and members of the wider school workforce told us they wanted our support in schools and their experiences have heavily influenced this pilot.

- Both Governments have recognised young people's mental health as a priority and identify schools as a key partner in offering support.
- Mind's whole school approach to mental health can support OFSTED requirements, for example the promotion of all aspects of pupils' welfare, and making informed choices about their mental wellbeing.
- For everyone to reach their full potential, it's important that schools are mentally healthy places for everyone to work, grow and visit.
- When the whole school community understands mental health life becomes better for everyone. With your help, our approach is the key to unlocking this. Please help us achieve it.

Where

- The pilot is being tested in 17 secondary schools in England and Wales.

When

- We're working in schools from September, for a full academic year.

Who

- We're Mind, the mental health experts. We want better mental health for everyone, and that includes you.
- Nationally, we provide advice and support through our helplines, online communities, information and workplace training. We campaign to improve services, raise awareness, and promote understanding.
- Locally, in England and Wales, our network of 130 local Minds provide practical, tailored services to over 300,000 people a year. Our local services find positive ways to help people live well, without fear of discrimination.
- HEY Mind will work with you, the wider school workforce, pupils and parents to test our new approach to mental health your school.

How

- We'll start by asking you and everyone in your school's community to take part in our confidential whole school mental health survey.
- It's designed to help us find out how you, the rest of the school workforce, pupils and parents feel about mental health, and to help us learn about the support already in place.
- It's really important that everyone takes the survey. The more responses we have from across the school community, the better our help will be. Please encourage everyone you work with and, if it's appropriate, pupils and parents to take part by explaining to them why it's important.
- In January, we'll tell you the results of your school's survey. We'll look at the results with your school's senior leaders and a representative group of teachers, pupils and parents to draw up an action plan. We'll share this with the whole school community.
- As part of your action plan we might agree to provide mental health information, tailored assemblies, specialist training and workshops or one to one sessions.

- Whatever it includes, we'll show how we'll build on the things that are already working and what we'll do to improve anything that might not be working as well.
- By working on this together, we can build people's confidence so everyone in your school's community is comfortable talking about mental health and feels able to ask for support if needed.
- Whatever your role in your school, please champion our pilot. You have the power to help everyone understand and look after their mental health. It can make a real difference to how everyone involved in school life feels, now and in the future.
- Please encourage your peers, pupils and their parents to take part in the survey. The more responses we get, the more we effective our help will be.
- We aim to help everyone involved with your school to look after their mental health, cope more easily, better manage stress and maintain supportive relationships.
- Find out more about our whole school approach to mental health by emailing HEY Mind's Whole School Approach Co-ordinator, Rebekah, on rpalmer@hey mind.org.uk to ask any questions.

Parents

Call to action: Please get involved with our whole school approach to mental health by completing our school-wide survey.

What

- Your child's school is one of 17 secondary schools in England and Wales piloting our high-profile, exciting new way of looking after the mental health of everyone involved in school life.
- We call it our whole school approach to mental health. It's designed to support the mental health and wellbeing of your child, the school's workforce, parents, carers and, of course, you, too.
- It's been designed and tested by the entire school community, and gives young people, mums, dads, carers and school staff the things they said they need and want us to deliver.
- Our approach starts with a confidential survey that won't be seen by your child or anyone who works at your child's school. The survey is designed to help us find out what everyone involved in school life thinks about mental health and what they need. The result will help us to decide what support we can give.
- We aim to help mums, dads, carers, young people and the school workforce to look after their mental health, cope with the challenges of everyday life, better manage stress and build supportive, healthy relationships.
- By getting involved, you and your child will benefit from our expert mental health advice and information.

Why

- We all have mental health, just like we all have physical health, and there's lots we can do to look after it.
- Experiencing poor mental health can become a problem when it stops us from thinking or doing things we'd normally take for granted.
- Mental health problems are very common. They can happen to anyone, regardless of their age, gender, ethnicity, sexuality, upbringing, or job.
- One in four parents experiences common mental health problems and one in 10 young people has a diagnosable mental health problem.
- The mental health of everyone involved in school life is interlinked, so to get the best results we need to support the entire the school community.
- We know from parents that they want to be informed about the whole school approach, so that they know what is going on and how they can contribute.
- Along with pupils and parents, senior leaders said they wanted our support in schools and their experiences have heavily influenced this pilot.
- Both Governments in England and Wales have recognised young people's mental health as a priority and identify schools as a key partner in offering support.

- Mind's whole school approach to mental health can support OFSTED requirements, for example the promotion of all aspects of pupils' welfare, and making informed choices about their mental wellbeing.
- For everyone to reach their full potential, it's important that schools are mentally healthy places for everyone to work, grow and participate in.
- When the whole school community understands mental health life becomes better for everyone. With your help, our approach is the key to unlocking this. Please help us achieve it.

Where

- The pilot is being tested in 17 secondary schools in England and Wales.

When

- We're working in schools from September, for a full academic year.

Who

- We're Mind, the mental health experts. We want better mental health for everyone, and that includes you.
- Nationally, we provide advice and support through our helplines, online communities, information and workplace training. We campaign to improve services, raise awareness, and promote understanding.
- Locally, in England and Wales, our network of 130 local Minds provide practical, tailored services to over 300,000 people a year. Our local services find positive ways to help people live well, without fear of discrimination.
- HEY Mind will work with you, the wider school workforce, pupils and parents to test our new approach to mental health your school.

How

- We'll start by asking you and everyone in your school's community to take part in our confidential whole school mental health survey.
- It's designed to help us discover how pupils, parents and the school workforce feel about mental health, and to help us learn about the support already in place.
- It's vital that everyone takes the survey. The more responses we have from across the school community, the better our help will be. Please encourage your child/ren and other parents you know at the school to take part by explaining to them why it's important.
- In January, we'll tell you the results of your school's survey. We'll look at the results with your school's senior leaders and a representative group of teachers, pupils and parents to draw up an action plan. We'll share this with the whole school community.
- As part of the school's action plan we might agree to provide mental health information, tailored assemblies, specialist training and workshops or one to one sessions.
- Whatever it includes, it will show how we'll build on the things that are already working and what we'll do to improve anything that might not be working as well.

- Together we'll build people's confidence so everyone in your school's community is comfortable talking about mental health and feels able to ask for support if needed.
- Please champion our pilot. You have the power to help everyone look after their mental health and contribute to school life to the very best of their ability now and in the future.
- Find out more about our whole school approach to mental health by emailing HEY Mind's Whole School Approach Co-ordinator, Rebekah, on rpalmer@heymind.org.uk to ask any questions.

Pupils

Call to action: Please get involved with our whole school approach to mental health by completing our school-wide survey.

What

- Your school is one of 17 secondary schools in England and Wales piloting our high-profile, exciting new way of looking after the mental health of everyone involved in school life.
- We call it our whole school approach to mental health. We want to help everyone look after their mental health. And that includes you, your friends, your parents, your teachers and everyone else who works at your school.
- It's been designed and tested by the entire school community, and will give you, your friends, people, mums, dads, carers and teachers the things they said they need and want us to deliver.
- Our approach starts with a confidential survey that won't be seen by your parents, your friends, or anyone who works at your school. The survey will help us find out what you think about the support you get with mental health in school, and how you feel about your own mental health right now. The result will help us to decide what support we can give.
- We aim to help you, your friends, mums, dads, carers, young people and the people that work at your school to look after your mental health, cope with the challenges of everyday life, better manage stress and build supportive, healthy relationships.
- By getting involved, you will benefit from our expert mental health advice and information.

Why

- We all have mental health, just like we all have physical health, and there's lots we can do to look after it.
- Good mental health can help you to think positively, feel confident and act calmly.
- If you have poor mental health you might find the way you're thinking, feeling or acting becomes difficult to cope with. For example, you might think nobody likes you, you might feel sad, or you might feel like you can't control how you behave.
- We can all feel sad, worried, scared or angry from time to time, but when these things stop us from thinking, feeling or acting in our usual way they can become a problem.
- Mental health problems are very common. In fact, one in 10 young people has a mental health problem.
- They are not a sign of weakness and can happen to anyone.
- There are lots of different mental health problems and they all have different names. They can include depression and anxiety, schizophrenia and bipolar disorder.
- You can get help for a mental health problem, and there are things you can do to stop them from happening.

- The mental health of everyone involved in school life is interlinked, so to get the best results we need to support the entire the school community.
- Along with staff and parents, young people said they wanted our support in schools and their experiences have heavily influenced this pilot.
- For everyone to reach their full potential, it's important that schools are mentally healthy places for everyone to work, grow and participate in.
- When the whole school community understands mental health life becomes better for everyone. With your help, our approach is the key to unlocking this. Please help us achieve it.

Where

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- We're working in schools from September, for a full school year.

Who

- We're Mind, the mental health experts. We want better mental health for everyone, and that includes you.
- Across England and Wales we give advice and support through our helplines, online communities, information and workplace training. We campaign to improve services, raise awareness, and promote understanding.
- Mind has 130 local Minds in England and Wales.
- Local Minds are experts in mental health and help people with mental health problems.
- They talk to people to explain what mental health is.
- They offer confidential services, including counselling, to anyone with a mental health problem.
- They help lots of young people, just like you.
- A local Mind school coordinator is working with school on our mental health project.
- HEY Mind will work with you, the wider school workforce, pupils and parents to test our new approach to mental health your school.

How

- We'll start by asking you and everyone in your school's community to take part in our confidential who school mental health survey.
- It's designed to help us discover how pupils, parents and the school workforce feel about mental health, and to help us learn about the support already in place.
- It's really important that everyone takes the survey. The more responses we have from across the school community, the better our help will be. Please encourage your friends and parents to take part by explaining to them why it's important.

- We'll use the survey results to find new and helpful ways to support you, your school friends, your teachers and your parents to have better mental health. We'll tell you the results of this survey and more about our plans in January next year.
- As part of the school's action plan we might agree to provide mental health information, tailored assemblies, specialist training and workshops or one to one sessions.
- Whatever it includes, it will show how we'll build on the things that are already working and what we'll do to improve anything that might not be working as well.
- Together we'll build people's confidence so everyone in your school's community is comfortable talking about mental health and feels able to ask for support if needed.
- Please champion our pilot. You have the power to help everyone look after their mental health and contribute to school life to the very best of their ability now and in the future.
- Find out more about our whole school approach to mental health by emailing HEY Mind's Whole School Approach Co-ordinator, Rebekah, on rpalmer@hey mind.org.uk to ask any questions.