Sources of Support when Teaching about Mental Health

Resources:

Guidance on preparing to teach about mental health and emotional wellbeing

(Extensive guidance and lesson plans for primary and secondary schools)

Mental Health Policy & Guidance to adapt for your school

Retaining Pupil Trust without Promising Confidentiality – guidance for school staff

Useful Websites

www.pshe-association.org.uk – PSHE resources, support and ideas.

www.b-eat.co.uk – Beat are the UK’s largest eating disorders charity. Their website provides eating disorders support & advice for young people, parents and teachers.

www.self-harm.co.uk – This is a charity run website providing support and advice for people who self-harm and their families. You can also access their ‘Alumina’ programme via the website which is a 6 week online programme for young people trying to overcome self-harm.

www.youngminds.org.uk – Young Minds are a UK based mental health charity focusing specifically on young people. Their website includes a wide range of information for young people, their carers and teachers.

www.headmeds.org.uk – Is also run by Young Minds and provides information for young people who have been prescribed medication to help with a mental health issue.

www.cornwallhealthyschools.org/stop-stigma – Stop Stigma is a resource to help address mental health stigma and to support awareness of mental health in the secondary classroom. It has received the PSHE Association Quality Mark.

www.Samaritans.org – info & online support. Helpline: 08457 90 90 90 <24 hour, confidential

www.childline.org.uk – info & online support. Helpline: 0800 1111 <24 hour, confidential

www.time-to-change.org.uk – Time to change aim to reduce mental health stigma. They regularly produce videos about mental health issues, some of which would be suitable for use in class.
www.mind.org.uk – Support & advice, mental health (all ages)

www.inourhands.com – Pooky’s site, which includes a regularly updated mental health blog with practical suggestions and information for school staff and parents.

**YouTube Channels**
These channels are regularly updated with videos which may be useful for your information. Some of the videos will be suitable for use in class, but not all.

- Childline: [www.youtube.com/user/childline](http://www.youtube.com/user/childline)
- Time to Change: [www.youtube.com/user/ttcnow2008](http://www.youtube.com/user/ttcnow2008)
- Young Minds: [www.youtube.com/user/youngmindscharity](http://www.youtube.com/user/youngmindscharity)
- Samaritans: [www.youtube.com/user/samaritans](http://www.youtube.com/user/samaritans)
- Mind: [www.youtube.com/user/MindWebteam](http://www.youtube.com/user/MindWebteam)
- Beatbullying: [www.youtube.com/user/Beatbullying](http://www.youtube.com/user/Beatbullying)
- National Institute of Mental Health: [www.youtube.com/user/NIMHgov](http://www.youtube.com/user/NIMHgov)

**Books**
  
- *Essential Listening Skills for Busy School Staff* by Nick Luxmoore

**Training**
The [Charlie Waller Memorial Trust](http://www.inourhands.com/cwmt) can deliver funded training on a range of issues related to young people’s mental health. For further information and to submit an enquiry visit [www.inourhands.com/cwmt](http://www.inourhands.com/cwmt)