

Framework and Needs Assessment

A school that effectively supports pupils' mental health and resilience has:



Mental Health and Resilience in Schools (MHARS) Self assessment sets out 7 key areas for good mental health, wellbeing & resilience. We will support you to assess your current practice, support development & celebrate good practice.



5 Ways to Wellbeing Award- Based on a framework of 5 everyday activities that boosts children's wellbeing. Schools can achieve the award by imbedding these activities into everyday school life. We recommend this is driven by the school council with our support

For Staff – Wellbeing



Staff Wellbeing Workshop

Helps staff to reflect on what impacts their wellbeing within school and explore possible solutions as a school to improve staff wellbeing.

Stress Awareness Training or workshop

Helps staff understand how the body reacts to stress, the impact it has on our mental health and ability to function at work and introduce tools to reduce stress.

Guided Mindfulness sessions

Sessions last between 30 and 60 minutes and provide the opportunity to explore mindfulness with the support of a qualified mindfulness coach* as part of follow on sessions to staff wellbeing

Staff Training



Emotion Coaching- This training will support adults to promote empathetic response to challenging behaviours and situations, helping children and young people to understand emotions and learn how to manage them.



Self-Harm Awareness Training- Provides a basic knowledge of self-harm including; why young people self-harm, risk factors to look out for, tips for talking about self-harm and support available



Resilience workshop- Provides an overview of the resilience framework and how it can be used to build children and young peoples resilience.

For Parents/ Carers



Dealing with big Emotions is a Bitesize session for parents/carers- This 45min session will look at resources that promote positive mental health and easy techniques you can use to build resilience.

Recommended Training



Emotional Literacy Support Assistant Training (ELSA)- ELSA training aims to give Teaching Assistants / Pastoral Workers / Learning Mentors the knowledge and skills they need to plan and deliver individualised programmes of support to pupils with additional social, emotional and mental health (SEMH) needs. For Further information contact a member of the Educational Psychology team [Educational Psychology team details](#)

**Educational
Psychology
Service**

Bespoke SEMH training packages-The Educational Psychology Service can offer a wealth of bespoke training packages that can be delivered to promote the SEMH of children, young people, parents, carers and/or staff. For Further information contact a member of the Educational Psychology team [Educational Psychology team details](#)

Name of school	Name of Staff member	Title	Email

Framework and Needs Assessment

- Mental Health and Resilience in Schools (MHARS)☐
- 5 ways to wellbeing award☐

For Staff – Wellbeing

- Staff wellbeing workshop☐
- Stress Awareness for staff☐
- Guided Mindfulness sessions☐

Staff Training

- Emotion Coaching☐
- Self-Harm Awareness Training☐
- Resilience workshop☐

For Parents and Carers

- Dealing with big Emotions☐

Specialist support available

Would you like to receive more information on specialist support available?

- Educational Psychology☐