

Framework, Needs Assessment and Award

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.

[Mental Health and Resilience in Schools \(MHARS\) Guidance](#)

[Mental Health and Resilience in Schools \(MHARS\) quick needs assessment](#)

5 Ways to Wellbeing Award- Based on a framework of 5 everyday activities that boosts students' 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

[5 ways to wellbeing guidance for schools](#)

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, ability to function at work and introduces 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 a follow-on sessions to staff wellbeing

Youth Led Campaign Training

Equips young people with the knowledge, skills and resources to deliver campaigns to challenge stigma and discrimination which will creates a culture were young people can talk openly about mental health. Students will gain knowledge on support services and learn how to look after your mental health through the 5 ways to wellbeing.

Staff Training



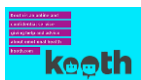
Emotion Coaching- This training will support adults to promote empathetic response to challenging behaviours and situations, helping children and young people to understand emotions and learn how to manage them.



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.



KOOTH Training: Offers staff a comprehensive overview of the Kooth service, to aid signposting of young people to Kooth. This session includes a live site tour, safeguarding information and a Q&A-

For young people a brief introduction to Kooth.com . They will show the range of support features available on Kooth, including how to sign up and access counselling support. Once staff and young people have had this training schools can then have **Enrichment Offer- workshops for CYP on wellbeing.**

For Parents/Carers



Dealing with big emotions 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



Emotion Coaching bitesize session for parents /carers

This session 45 mins supports parents/cares in understanding children's emotional development and provides practical strategies to help children recognise, express, and manage their emotions in healthy and constructive ways

Specialist support for schools and Further Education



The Educational Psychology Service aims to bring about positive change for children and young people where there are concerns about their learning, behaviour or emotional well-being. They do this by working with the people who know children best – their families, their teachers and other professionals who are involved [Educational Psychology Service](#)