

ONLINE COURSE
**MENTAL AND EMOTIONAL HEALTH
IN SCHOOLS:**
EFFECTIVE STRATEGIES AND SUPPORT

This hour-long free online course is designed for staff working with pupils aged 9-18. It combines knowledge and understanding about emotional and mental health in school with practical tools and the opportunity to reflect with interactive case studies, role plays and dialogues.

LEARNING OUTCOMES

- Recognise and respond to signs of poor mental health
- Understand boundaries and professional responsibilities
- Understand the importance of following safeguarding procedures
- Have strategies to support your own and other's emotional health, increasing mental wellbeing in schools



WHY COMPLETE IT

- Content is supported by statistics, research evidence and current policy recommendations
- Access the strategies at the heart of our work with over 15,000 school staff and our ITE partnerships
- School staff play a crucial role in supporting pupils' mental and emotional health
- The majority of school staff will encounter pupils with a mental health condition
- Many school staff have received little or no training around supporting pupil mental health
- Receive a certificate of completion



"I'm not an expert on mental health but I want to know how to respond to kids who are struggling."

"Love the range of practical activities underpinned by theory and the range of credible sources."

"Lots of great opportunities to pause and reflect independently or with colleagues."