

# Resources to support Mental Health Awareness Week



## Mental Health Awareness Week – 10th – 16th May 2021: Theme – Nature

Resource	Produced by	E-mail address	Notes
Selection of resources to use during the week	Mental Health Foundation	<a href="https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week">https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week</a>	
Connect with Nature School's Pack	Mental Health Foundation	<a href="https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/school-pack">https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/school-pack</a>	
5 Ways to Wellbeing	Mental Health UK	<a href="https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/">https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/</a>	
Mental Health Awareness Week 2021 Whole-School PSHE Taster Pack	Twinkl	<a href="https://www.twinkl.co.uk/resource/childrens-mental-health-week-whole-school-pshe-taster-pack-t-1f-2549593">https://www.twinkl.co.uk/resource/childrens-mental-health-week-whole-school-pshe-taster-pack-t-1f-2549593</a>	
Primary and Secondary Toolkits	Mentally Healthy Schools – Anna Freud Centre	<a href="https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm_source=mhs&amp;utm_medium=newsletter&amp;utm_campaign=mhaw21&amp;utm_content=primarytoolkit">https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm_source=mhs&amp;utm_medium=newsletter&amp;utm_campaign=mhaw21&amp;utm_content=primarytoolkit</a>	

<b>General Resources</b>			
Comprehensive selection of resources to support mental health and wellbeing	Anna Freud Centre	<a href="https://www.annafreud.org/schools-and-colleges/resources/">https://www.annafreud.org/schools-and-colleges/resources/</a>	
Mental Health and Wellbeing - Teaching Resources	BBC Teach	<a href="https://www.bbc.co.uk/teach/childrens-mental-health-week/zk37bdm">https://www.bbc.co.uk/teach/childrens-mental-health-week/zk37bdm</a>	To support your class and promote the importance of mental wellbeing the BBC have created a collection of resources for use with both primary and secondary students.
Moving Up – The transition to secondary school	Anna Freud Centre	<a href="https://www.annafreud.org/movingup/">https://www.annafreud.org/movingup/</a>	Moving Up – The transition to secondary school
A whole school framework for emotional well-being and mental health	National Children's Bureau	<a href="https://www.ncb.org.uk/sites/default/files/uploads/files/NCB%20School%20Well%20Being%20Framework%20Leaders%20Resources%20FINAL.pdf">https://www.ncb.org.uk/sites/default/files/uploads/files/NCB%20School%20Well%20Being%20Framework%20Leaders%20Resources%20FINAL.pdf</a>	Wellbeing and good mental health should become a strategic priority, embedded into the culture and ethos of every school.
Mental Health	The Prince's Trust	<a href="https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health">https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health</a>	Comprehensive list of charitable organisations that support mental health issues

Children's mental health	NSPCC	<a href="https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/</a>	Advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.
Advice for schools and colleges	Anna Freud Centre	<a href="https://www.annafreud.org/coronavirus-support/support-for-schools-and-colleges/">https://www.annafreud.org/coronavirus-support/support-for-schools-and-colleges/</a>	A series of resources to help support staff and to provide them with information about how to work with children and young people, include those with SEN, and materials to share with parents and carers.
Comprehensive selection of resources for schools	Young Minds	<a href="https://youngminds.org.uk/resources/school-resources/">https://youngminds.org.uk/resources/school-resources/</a>	Includes transition activities to support Year 6 and Year 7
Mental health in schools: Make it Count	Mental Health Foundation	<a href="https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count">https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count</a>	
Mentally Healthy Schools	Anna Freud Centre	<a href="https://www.mentallyhealthyschools.org.uk/">https://www.mentallyhealthyschools.org.uk/</a>	Mentally Healthy Schools brings together quality-assured mental health resources, information & advice for schools and further education settings in England, Northern Ireland, Scotland and Wales.
Information for young people aged 11-18	Mind	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/">https://www.mind.org.uk/information-support/for-children-and-young-people/</a>	

School Zone	Public Health England	<a href="https://campaignresources.phe.gov.uk/schools">https://campaignresources.phe.gov.uk/schools</a>	Flexible teaching resources for primary school classes from Change4Life, and mental wellbeing resources for secondary schools and Year 6.
Working together to build healthy and happy schools – The Wellbeing Zone	Pearson	<a href="https://www.pearson.com/uk/educators/schools/issues/working-together-to-build-healthy-and-happy-schools/the-wellbeing-zone.html">https://www.pearson.com/uk/educators/schools/issues/working-together-to-build-healthy-and-happy-schools/the-wellbeing-zone.html</a>	
Guidance and lessons on teaching about mental health & emotional wellbeing	PHSE Association	<a href="https://www.pshe-association.org.uk/content/guidance-and-lessons-teaching-about-mental-health">https://www.pshe-association.org.uk/content/guidance-and-lessons-teaching-about-mental-health</a>	