

# Supporting mental health in schools and colleges

## Background

We all have mental health. It is about our feelings, our thinking, our emotions and our moods.

It is quite common for someone to struggle with their mental health at some time in their lives.

One in every eight young people will have these problems in a year. Most serious mental health problems in adults start while people are still young.

This is why it is important to help young people with their mental health and wellbeing while they are still at school and college. Lots of schools and colleges are doing things to support their students' mental health. There is not enough information yet about how to do this best.

Your school or college is part of a project to:

1. help understand what support young people need
2. help understand how schools and colleges can help

The project is being run by the Anna Freud Centre, which is a children's mental health charity. The project is funded by the Mercers' Company.

## Helping to understand what young people need

The schools or colleges in the project use the wellbeing survey. This is a series of questions that young people answer once a year. The questions are about their mental health and wellbeing.

The information helps schools or colleges understand more about their students and how to support them. The information shared with schools or colleges does not identify individual students.



## Helping to understand how schools and colleges can help

A project team helps schools and colleges to collect information to show whether the support they provide for students mental health is working. This is called an evaluation.

This information comes from surveys, interviews or group discussions. This sometimes involves students and sometimes teachers or other school or college staff.

Some of these evaluations have finished. These found successes and areas that the schools and colleges could improve in the future.

## What can I do to help myself?

We all have mental health and looking after this is as important as looking after your physical health<sup>1</sup>.

Our thoughts, feelings and moods come and go. These are everyday feelings. There are lots of things we can do to manage everyday feelings through self-care. For example, listening to music or meeting up with friends. For ideas of activities that may help, visit [On My Mind \(https://www.annafreud.org/on-my-mind/self-care/\)](https://www.annafreud.org/on-my-mind/self-care/).

If you experience overwhelming feelings, you should talk to an adult who you trust.

<sup>1</sup> this content was drawn from the Anna Freud Centre's 'You're never too young to talk mental health: Tips for talking for parents and carers' leaflet



## Where can I go for more information and support?

Most young people talk to their parents, teachers or friends if they are worried about their thoughts or feelings. Sometimes young people feel they need more help, so some useful resources are listed below.

### National support and information :

The [On My Mind](https://www.onmymind.org/) website is a great place to find out more about mental health issues, support that is available and self-care activities that may be helpful. [www.annafreud.org/on-my-mind/](https://www.annafreud.org/on-my-mind/)

[Young Minds](https://www.youngminds.org.uk/) also offer advice, information and support on a range of subjects including coping with problems at school or college and social media use. [www.youngminds.org.uk/](https://www.youngminds.org.uk/)

[Childline](https://www.childline.org.uk/) is free, confidential and available at any time of day or night. Trained counsellors are there to help with any issue you're struggling with. Call 0800 1111 or chat online: <https://www.childline.org.uk/>

If problems continue or become too much, we strongly recommend that you visit your GP.

If you would like to find out more about the evaluation please email: [wellbeing.evaluation@annafreud.org](mailto:wellbeing.evaluation@annafreud.org)



### Local support and information:

