

# Mental Health Awareness Week toolkit

Mental Health Awareness Week takes place from 10th – 16th May, and provides a great opportunity for secondary schools and further education settings to normalise the discussion of mental health and wellbeing amongst pupils and staff.

The theme for this year's week is 'nature'. Recent National Trust [research](#) found a link between feeling connected to nature and having improved wellbeing. To help schools celebrate the nature theme of the week, we've included some resources about nature and mental health in this toolkit.

It's important to keep the focus on mental health and wellbeing throughout the school year, beyond Mental Health Awareness Week, so we've also included resources to help open up conversations about mental health in education settings all year round.

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**Anna Freud**  
National Centre for  
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## Resources for students

### Nature and mental health – Mind

This booklet explores the benefits that nature can have for our mental health, and suggests lots of different activities to try. Teachers could share this booklet with students, or adapt some of the activities for lessons.

[Go to resource](#)



Sign up to the  
Mentally Healthy  
Schools newsletter  
for more resources

### **Mental health and nature video – Mind**

In this video, Sir David Attenborough talks about the links between mental health and nature. Schools could use this video as part of a lesson about how nature can impact our wellbeing.

[Go to resource](#)



### **Mental health awareness days: 2021 guide for schools – Mentally Healthy Schools**

There are lots of opportunities for mental health awareness raising outside of Mental Health Awareness Week. This calendar highlights all of the points in the school year where mental health and wellbeing can be explored.

[Go to resource](#)



### **Measuring and monitoring children and young people's mental wellbeing – Anna Freud Centre**

This toolkit provides detailed guidance and suggestions for schools on how to raise awareness of wellbeing and to measure and monitor the wellbeing of students.

[Go to resource](#)



### **Industry specific mental health lesson plans & guides for FE students – Charlie Waller Trust**

The Charlie Waller Trust has created a number of mental health guides for FE subjects including construction, hair & beauty and IT. The guides focus on starting conversations about mental health and how to signpost students to support.

[Go to resource](#)



## **DEAL: developing emotional awareness and listening lessons – Samaritans**

DEAL is a free resource for education professionals, designed to develop resilience in young people. The resources are made up of a number of lesson plans on different mental health-related topics.

[Go to resource](#)



## **Resources for staff**

### **5 ways to connect to nature to improve our wellbeing – WWF**

A guide from WWF sharing simple ways that we can get out in nature and improve our general wellbeing.

[Go to resource](#)



### **Wellbeing poster for school staff – Mentally Healthy Schools**

Pin up this poster in staffrooms, offices and toilets to remind school staff about the importance of supporting their mental health - and some simple ways that they can boost their wellbeing.

[Go to resource](#)



### **5 Steps to Mental Health & Wellbeing: supporting staff – Anna Freud Centre**

This section of the 5 Steps framework will help senior leaders increase their focus on staff mental health, and learn more about how to support staff wellbeing.

[Go to resource](#)



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