



Guidance for the using Mentally Healthy Schools website

I am a member of leadership or the mental health lead and I want to learn how to create a whole-school approach to mental health.



If you want to know how to introduce mental health into your school or college, head straight to the [getting started](#) section. There are a number of useful introductory pages here and even one specifically for [leaders](#).

To support leaders to develop a [whole-school approach](#) to mental health, we have provided information, tailored to each area of the UK, on subjects such as staff wellbeing, showcasing for inspection and engaging parents and carers.

For professional development around specific areas of mental health, for example, self-harm or bereavement, visit our [mental health needs](#) and [risks and protective factors](#) pages which cover what schools can do to support in each of these areas.

Interventions may be important to support specific children, but these require careful consideration to ensure value for money. We have summarised some evidence-based [small group](#) and [whole-school interventions](#) to support decision making. You can learn more about the evidence-base [here](#).

If your concerns about a child mean that you would like to refer them to further support, we have a [CAMHS guidance page](#) or how to gather evidence for a referral.

To learn how teachers have successfully used Mentally Healthy Schools resources to improve mental health and wellbeing in their settings, read our [practice examples](#).