

# World Mental Health Day - toolkit



World Mental Day is held every 10th October to raise awareness of mental health and drive positive change for everyone's mental health.

This year's theme, "Access to services — mental health in catastrophes and emergencies", highlights the need for timely, compassionate support.

For those working in education, the pressures can be intense.

This toolkit brings together our most practical and popular resources to help you and your colleagues stay mentally well, manage stress, and access support when it's needed most.

## Resources

### Staff mental health and wellbeing plan

Want to make a commitment to your staff that you're prioritising their mental health and wellbeing? Make a start with our plan.

### Teacher burnout and how to avoid it

Working in education can be inspiring and fulfilling. But it can also be exhausting, mentally and physically. Here are some tips to help avoid burning out.

### Improving mental health awareness at school

Increasing mental health awareness can help to create a psychologically safe workplace, reduce stigma, and ensure that staff seek help when they need to. Download our guide on why it is important and how to do it in your school.

### Reducing mental health stigma

One of the biggest barriers for teachers and other school staff reaching out for help with their mental health is the stigma that still surrounds mental health. Download our guide with ideas, tips and approaches for tackling stigma in your school.

### Mental health tips for early career teachers

Hannah and Luke, two early career teachers, share their experiences of managing their mental health and offer helpful tips and advice to others starting out in teaching.

# Resources

## Compassionate leadership

Compassionate leadership is the key to open the door to a school culture that puts wellbeing at its heart. For World Mental Health Day Emma Kell talks to six school leaders about how they do it.

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## Staff wellbeing pack

Emotionally healthy teachers and school staff, make better learning possible. If you want to know how to make a meaningful difference to your staff's wellbeing, we can help. Sign up now for a FREE PACK of wellbeing resources and guidance for you and your staff.

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## Breathing exercises for beating stress and creating calm

Try these breathing exercises to maintain your composure in times of stress, anger and frustration.

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## Helpline poster

Our helpline counsellors offer immediate emotional, confidential support to teachers and education staff. Download our helpline poster for your staffroom.



### Signup to our newsletter

Get our latest  
wellbeing resources,  
events and news  
straight to your  
inbox!