

World Mental Health Day - toolkit



World Mental Health Day takes place every year on 10 October. This year's theme, 'Lived experiences heard: real voices, real change', is a reminder of the importance of listening to people's experiences of mental health.

Everyone working in education has their own experience of mental health and wellbeing. By creating space for people to talk openly, listening without judgement and learning from each other's experiences, we can help build more supportive and mentally healthy workplaces.

This toolkit brings together practical resources to help you start conversations, support your own mental health and wellbeing, and encourage colleagues to share and listen.

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.

Window of tolerance: stress management exercise

This is a practical tool to help teachers and education staff understand emotional regulation, beat stress and burnout, build resilience, and support wellbeing in education settings.

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.

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.

The Worry Tree

Feeling worried or anxious can be understandable when you work in education, but spending too much time caught in a cycle of worry can affect your wellbeing. Our Worry Tree exercise can help you shift your focus, gain perspective and find greater balance.

Helpline poster

Our helpline counsellors offer immediate emotional, confidential support to teachers and



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wellbeing resources,
events and news
straight to your
inbox!