

# Mental health awareness toolkit



Mental Health Awareness Week 2026 runs from 11 to 17 May, and this year's theme focuses on Action. The small, meaningful steps we can take to support our own wellbeing, strengthen our school or college community, and contribute to positive change across the wider education system.

To help your setting create an environment where mental health is openly supported and everyone feels valued, connected and empowered to take action, we've curated a collection of resources for Mental Health Awareness Week. Share them with your teams to encourage purposeful wellbeing practices and to build a school community where every individual can thrive.

## Resources for you

### Helpline

Our helpline service is available to all teachers and education staff. When you call, you'll speak to a qualified counsellor who understands the challenges you face. It's available every day, round the clock. Download our helpline poster and place it in your staffroom.

### The Worry Tree

This practical exercise helps you to manage worries by breaking them down into clear steps, reducing overwhelm and supporting calmer, more confident responses to everyday challenges.

### The ACT model

This exercise helps teachers and education staff handle difficult thoughts and emotions with practical strategies that build resilience, presence and psychological flexibility.

### Love Teaching, Time for Change

Emotionally healthy teachers and education staff are better able to support their students and themselves. Discover practical wellbeing resources and guidance designed to help you feel supported, confident and resilient in your role.

### The 3 P's: a quick exercise for teachers and education staff

Next time you feel pulled down by a setback or miss the joy in a win, grab this exercise to help you pause, reflect and change your perspective.

## Resources for your organisation

### 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.

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### A retention toolkit for schools

This toolkit helps schools create caring, supportive cultures where staff feel valued and able to thrive. It offers practical guidance to strengthen wellbeing, improve retention and build healthier working environments.

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### Creating cultures of care: supporting staff wellbeing in schools

Watch our webinar in partnership with Manchester Metropolitan University where we explore how schools can create cultures where staff feel supported, valued and motivated to stay.

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### Employee Assistance Programme

Our education-focused Employee Assistance Programme provides confidential, specialist support to help staff manage challenges, build resilience and feel well. It's designed to strengthen wellbeing across schools, colleges and education organisations.

## Resources for the education system

### Teacher Wellbeing Index 2025

This annual report provides a detailed picture of staff wellbeing across the education sector, highlighting key pressures, emerging trends and essential insights to inform action and improve conditions for educators.

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### Revisiting the teacher retention crisis: recommendations for change

This report highlights systemic factors driving teacher attrition and offers evidence-based recommendations to improve retention, strengthen staff wellbeing and create sustainable, supportive conditions across the education system.



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