

Mental health awareness week - toolkit



This year, Mental Health Awareness Week will take place from 12 to 18 May 2025 and the theme is 'Community'.

Wellbeing should be at the heart of school communities, where everyone from students, teachers, leaders, support staff and governors can foster a sense of connectedness and belonging.

To help your school foster a safe and positive community where mental health and wellbeing is prioritised, we've pulled together our top resources for Mental Health Awareness Week. Share them with your teams to strengthen the power of your school community.

Resources

Supporting each other: how staff can help each other with mental health and wellbeing

This webinar discusses the importance of good colleague relationships for mental wellbeing. Our panel share successful strategies to enable and encourage positive working relationships.

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.

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 is it important and how to do it in your school.

Talking to colleagues about their mental health and wellbeing

Need advice on how to start a conversation with a colleague you're worried about? Read our article for tips and guidance on how to have open and honest conversations.

5 tips for active listening: try BUILD

Active listening is an important skill for school leaders to develop to help build relationships with their staff. Read our article for key points to remember when having conversations with your colleagues.

Resources

Building better parent-teacher relationships

Watch this insightful webinar where we explore how to build and nurture healthy teacher-parent relationships.

Dealing with difference: why workplace relationships aren't always easy

In this article Leonie Hurrell discusses how teachers and education staff can feel connected and supported through positive social relationships at work.

Love Teaching, Time for Change

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.

Partnering with parents: five strategies for stronger school communities

Effective parental engagement benefits the entire school community. Lynn How shares how schools can effectively engage with parents to build a stronger school community.

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.



Sign up to our newsletter

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