**Mental Health and Well-being – Toolkits and resources for a whole school approach**



[**Click Here**](https://www.corc.uk.net/media/1506/primary-school-measures_310317_forweb.pdf) **Wellbeing Measurement Framework for Primary Schools** - A set of questionnaires which can be used to measure wellbeing and resilience in children and young people.



[Click Here](https://www.annafreud.org/media/11456/mwb-toolki-final-draft-4.pdf) **Measuring and monitoring children and young people’s mental wellbeing: A toolkit for schools and colleges -** The aim of this toolkit is to make schools and college staff aware of the range of validated instruments that can be used to measure and monitor student mental wellbeing.

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[**Click Here**](https://www.annafreud.org/media/11374/anna-freud-booklet-layout-new-address-april-2020.pdf) **Supporting mental health and wellbeing in schools -** The booklet, developed with our child mental health experts, explains in simple terms what to do if you are worried about a child or young person in your school, and includes information on a range of topics including anxiety, low mood and self-harm.



[**Click Here**](https://www.annafreud.org/media/11529/2nd-anna-freud-booklet-new-address-april-2020.pdf) **Supporting mental health and wellbeing in secondary schools -** The booklet, developed with our child mental health experts, explains in simple terms what to do if you are worried about a child or young person in your school, and includes information on a range of topics including exam stress, sleep problems, eating disorders, substance use, ADHD and responding to traumatic events.

**Young Minds** - [**Click Here**](https://youngminds.org.uk/youngminds-professionals/our-projects/academic-resilience/) **Building pupil resilience in school**. Young Minds provide training and support to schools interested in whole school development using the Academic Resilience Approach.



[**Click Here**](https://www.ncb.org.uk/sites/default/files/uploads/documents/Policy_docs/Briefings/NCB%20School%20Well%20Being%20Framework%20Leaders%20Resources%20FINAL.pdf) **National Children’s Bureau** - The approach involves multiple components including early identification and intervention; staff wellbeing and development; and skills-based work for pupils, but above all it adopts a positive and universal focus on wellbeing.

**Coram Life Education** [Click Here](https://www.coramlifeeducation.org.uk/whole-school-approach) A whole school approach to behaviour, safety and learning – improving mental health and physical wellbeing – Based on the eight key principles set out in Public Health England’s “[Promoting children and young people’s emotional health and wellbeing: A whole school approach](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414908/Final_EHWB_draft_20_03_15.pdf)”



 [Click Here](https://www.ucl.ac.uk/evidence-based-practice-unit/sites/evidence-based-practice-unit/files/evidencebriefing5_v1d7_completed_24.10.pdf)  A research briefing paper commissioned by the Evidence Based Practice Unit (EBPU) ***“Whole school approaches to promoting mental health: what does the evidence say?****”* A useful briefing paper looking at various case studies on whole school approaches promoting mental health.



[Click Here](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/634731/Practice_example-Whole_organisational_approach.pdf) DfE “Developing a whole organisational approach - Introduction to the case study practice illustrations”