**DfE Support material for Mental Health and Well-being**

**Promoting and supporting mental health and wellbeing in schools and colleges – Government Guidance**

The government has produced a range of resources on supporting mental health and well-being in schools and colleges - [Click here](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately) See the sub-headings below for more information.

* [Before you start](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)
* [Whole school or college approach to mental health and wellbeing](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)
* [Senior mental health leads training](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)
* [Wellbeing for education recovery](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)
* [The Link Programme](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)
* [Relationships, health and sex education (RHSE) training module](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)
* [Mental Health Support Teams (MHSTs)](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)
* [Psychological first aid training](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)
* [Mental health and wellbeing resources](https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=afba2676-5e33-4dc3-a268-3529ced17737&utm_content=immediately)

## The DfE has announced extra funding for mental health and well-being for schools, including funding for their Wellbeing for Education Return programme. [Click Here](https://www.gov.uk/government/news/8m-programme-to-boost-pupil-and-teacher-wellbeing)  for the DfE news link.

The Wellbeing for Education Return programme is a joint initiative from the Department for Education, Department of Health and Social Care, Health Education England, NHS England and Public Health England. The programme supports staff working in schools and colleges to respond to the additional pressures some young people may be feeling as a direct result of the Covid-19 pandemic, as well as to any emotional response they or their teachers may be experiencing.  Content for this programme has been developed by MindEd with input from mental health and education experts. [Click Here](https://www.minded.org.uk/) to register at MindEd and gain access to the programme’s webinar training.

**DfE Mental Health and Wellbeing training material for teachers**

The DfE have also produced training materials for schools linked to mental wellbeing as part of the new Health Education curriculum launched in the Autumn Term. [Click Here](https://www.gov.uk/guidance/teaching-about-mental-wellbeing)

**DfE guidance for parents on Mental Health and Wellbeing**

The DfE has also created guidance for parents and carers on supporting children’s mental health and wellbeing during the COVID pandemic [Click Here](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak)