Take part in Mind’s Whole School Approach to Mental Health Programme.

Our whole school approach to mental health is designed by young people, parents, the wider school workforce and local Minds.

It gives the entire school community the things they say they desperately need and want us to provide.

It involves a self-assessment tool for schools and tailored assemblies, workshops, 121s, information and training for everyone who’s part of school life.

Our approach aims to help young people, parents and the school workforce to cope more easily with the challenges of everyday life, help them to manage stress, and to build supportive relationships with their peers.

Each school following our approach will:

* promote good mental health and wellbeing to everyone as a right
* support everyone with a mental health problem
* find causes of poor mental health and find ways to keep everyone well
* respect diversity and promote equality
* and build external partnerships to support children and young people to achieve their very best.

**What will this look like?**

You'll take part in school and staff, pupil and family surveys to help assess where the strengths in the schools approach to mental health and identify where any gaps lie.

Your local Mind school coordinator will support you through this assessment and help you analysis the survey results, highlighting what you are doing well and recommendations of where you can improve.

You will then be supported to develop a school action plan and be able to access a suite of interventions direct from the local Mind as well as receive support to implement change in school and access other external support.

**Why should we take part?**

By taking part in the whole school approach pilot you will be able to

* Access support from local mental health experts to help you embed a whole school approach to mental health
* Find out what your staff, pupils and parents really feel about how you support their mental health
* Access support from local Minds to implement mental health initiatives for pupils, parents and staff through school
* Share and access best practice learning from other schools participating in the pilot
* Contribute towards cutting edge research on school mental health and wellbeing

**What does it cost?**

For the pilot, Mind have secured funding from the BRIT Awards with MasterCard and WH Smiths. This funding means we are able to offer four secondary schools up to £30,000 worth of support for free.

**What will our school need to do?**

To facilitate the implementation of the whole school approach to mental health we’ll require each school to

* Demonstrate senior leadership commitment
* Identify a key member of staff to support delivery
* Facilitate the delivery of the self-assessment
* Take ownership of the school action plan

If selected to be part of the pilot you and your local Mind will commit to a service level agreement that outlines the roles and responsibilities of each organisation.

**It’s a pilot, how do we know it will work?**

Out pilot is based on a wealth of expertise and experience of working with schools at a local and national level.

To create our whole school approach to mental health we carried out a three-month investigation to help us begin to create our evidence-based whole school approach to mental health for England and Wales.

Mind’s research team studied published evidence to find out which existing interventions work best in school. They also interviewed local Minds already providing support to children and young people in schools, asking them to share their learning and expertise. In addition, our local Minds held in-depth conversations with 130 children and young people and 140 teachers and parents asking them what they want and need.

We then carried out a six month test and learn to exercise co-design and evaluate crucial elements of the whole school approach to mental health based on our investigation and what the entire school community tell us they desperately need and want us to provide.

**When do we start?**

Delivery will start in September 2018, get in touch with your local Mind to secure your place now.