

Northamptonshire
Teaching School Hub

Brooke Weston Trust



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Workshop 7 //

Whole School Approach
to improve Mental Health
& Wellbeing //

#RISINGTOTHECHALLENGE



Whole School Approach to Mental Health



Mental Health Support Team

#weareNHFT



MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

Who are the Mental Health Support Team?

ice-BREAKER



What is the Whole School Approach to mental health



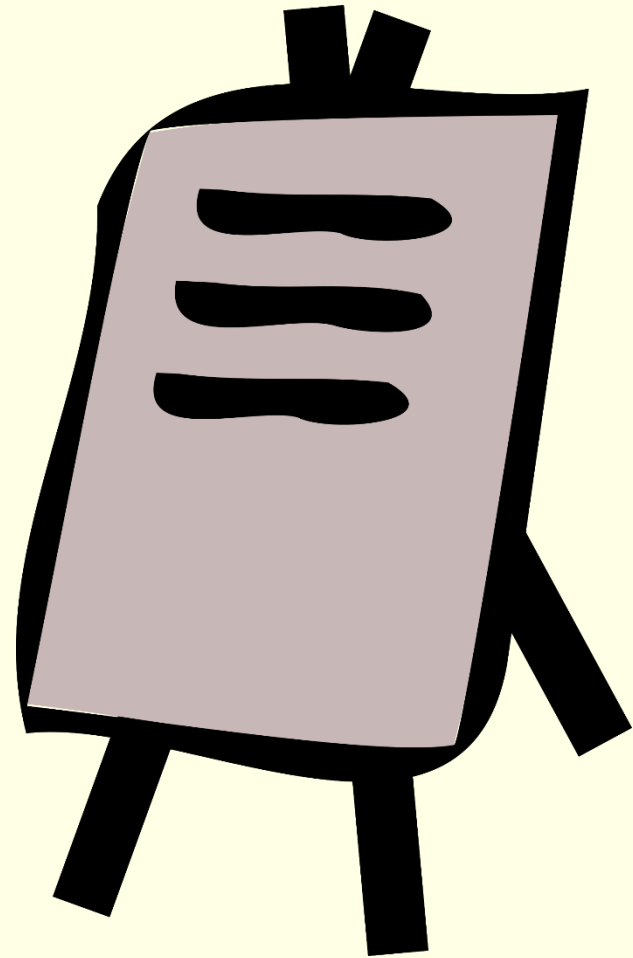
Why school based?

- Schools are ideally placed to support early identification and intervention.
- Supporting children's wellbeing is a shared responsibility, similar to safeguarding.
- By providing support for in school we can work within a familiar and safe environment.

Activity

**Go round to each
flipchart and write 1
comment for each of the
4 areas**

**Do this until each
flipchart is full**



What is the Whole School Approach?



Action plan to take forward....

- What have I identified from today that I want to implement in my school?
- What are the potential barriers to implementing this?
- How can I overcome these?
- What can I commit to doing in the next month?
- What will look different in the next school year?
- How will I keep on track with achieving this goal?
- What do I need to look after myself on this journey?

FEED

BACK

