



Mental Health Initiatives from Schools

As part of their anti-bullying work, schools have implemented various strategies and initiatives to support pupils' mental health. While not all the listed initiatives directly address bullying, they do encourage better mental health and resilience among pupils (and staff) which enables them to deal better with bullying.

This is not an exhaustive list; however we recommend considering any of the following:

- **Appointing a Senior Mental Health Lead in the school.** This Lead is then responsible for completing a whole-school audit on mental, emotional and physical wellbeing to identify good practice across the school and areas for development.
For example, a school that did this noted that while they were confident that the PSHE curriculum explores mental and emotional health, and wellbeing and strategies to support pupils to stay mentally well, the school did not have regular systems in place to evaluate the impact of this.
- **Training members of staff across all year groups as Mental Health First Aiders,** as well as appointing a Senior Mental Health First Aider to supervise and ensure that staff are supported as well.
- **Using the school's recording system** to identify pupils who need additional support with their mental health.
- **Training staff members as [ELSAs](#)** - Emotional Literacy Support Assistants, an educational psychology led intervention for promoting the emotional wellbeing of children and young people. This staff members then also belong to an ELSA network which supports and assists ELSAs in their valuable work, as well as helping area co-ordinators to publicise ELSA work in their locality. Many local authorities across England and Wales now have ELSAs in their schools.
- **Employing an emotional wellbeing coach** to work with pupils on a 1-2-1 basis. These coaching sessions are recurrent for a period of 6 weeks, after which the impact on the participating pupils' wellbeing is evaluated.
- **Training members of staff at [Draw and Talk Therapy](#).** This programme trains staff to work with pupils to discover and communicate emotions through a non-directed technique.
- **Training pupils as 'wellbeing ambassadors'** to enable them to provide peer support to those who were experiencing bullying behaviour.