

Mental Health Awareness Week toolkit

Mental Health Awareness Week starts on Monday 15th May, and is one of the biggest mental health awareness events in the school calendar.

The week is organised by the Mental Health Foundation, which has chosen the theme of anxiety for this year. We regularly hear from school staff that anxiety amongst pupils is a key concern, and we know that anxiety and stress affect school staff too.

In this toolkit, we're sharing some resources to help you share information about mental health and anxiety with your pupils during Mental Health Awareness Week. We've also included resources for staff to help you prioritise your own mental wellbeing.

Resources for pupils

[Talking Mental Health: animation & teacher toolkit](#) – Anna Freud Centre

Talking Mental Health is an animation and accompanying teacher toolkit designed to help begin conversations about mental health in the classroom and beyond – ideal for introducing and exploring the topic during Mental Health Awareness Week.

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Anna Freud
National Centre for
Children and Families



Sign up to the
Mentally Healthy
Schools newsletter
for more resources

[Mental health symptoms sorting activity](#) – Oxford NHS

A sorting activity which helps children understand that we need a variety of things in our lives to maintain our mental and physical health.

[Being brave and becoming resilient lesson](#) - YoungMinds & Beano

This lesson plan and PowerPoint will help children understand that everyone feels anxious or worried at times, and learn ways of coping with these feelings.

[Anxiety thermometer](#) – Mentally Healthy Schools

Using an anxiety thermometer is a great tool to help children recognise what feelings they are experiencing and why.

Resources for staff

[Mental wellbeing audio guides](#) – NHS

A series of short audio guides short audio which share professional advice for dealing with difficult feelings including anxiety, low confidence and low mood.

[Reframing thoughts activity for school staff](#) – Mentally Healthy Schools

This simple template can be used by anyone to identify unhelpful or negative thoughts, and try to reframe them.

[Managing teacher anxiety](#) – Education Support

Some simple tips from education staff mental health charity Education Support for reducing anxiety.



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