



## Healthy Minds Haven

For secondary schools supporting mental wellbeing in Wales.

# WELCOME!

'Healthy Minds Haven' is a resource and checklist for schools, with an award which recognises their commitment to supporting the mental wellbeing of the whole school community. The pack has been designed by young people with support from TCC (Trefnu Cymunedol Cymru/ Together Creating Communities).

## WHY WE NEED YOU

With 1 in 4 young people experiencing mental health problems every year, understanding and support in school is essential to promote healthy mental wellbeing.

“WHILST TEACHERS HAVE TRIED TO BE HELPFUL, THERE IS A LACK OF UNDERSTANDING. I FEEL IF THERE WERE MORE MENTAL HEALTH SUPPORT IN SCHOOLS, ME AND THOSE WHO ARE STRUGGLING WILL FEEL MORE RELAXED AND HAPPIER.”

- TCC YOUNG LEADER

## ABOUT THE CHECKLIST

The issue of mental health support in school was raised by TCC's Youth in Action group, a group of young leaders based in North East Wales. Healthy Minds Haven has been designed by young people in consultation with education and health professionals.

## GET STARTED!

If your school would like to get involved, the process is pretty simple - check out the checklist within this pack, and register your school online at [www.tcc-wales.org.uk/hmh](http://www.tcc-wales.org.uk/hmh). We would love to hear from you - you can tweet us (@TCCWales) some pictures of how you've met the criteria!

## BENEFITS FOR YOUR SCHOOL

Positive mental well-being benefits the whole school community, allowing staff, students and families to flourish and achieve their full potential.

With 85% of staff worried that lockdown has affected pupils' mental health and over 70% calling for extra staff training<sup>1</sup>, this checklist will provide practical steps to support positive mental health and wellbeing.

1. Barnardo's (2020). Lessons From Lockdown. Available: <https://www.barnardos.org.uk/sites/default/files/uploads/lessons-from-lockdown-supporting-vulnerable-children-young-people-returning-school-learning-english.pdf>. Last accessed 09/07/2020.



# THE CHECKLIST

Schools must have at least **2** members of staff trained in Mental Health First Aid.

Schools must have a physical **SAFE SPACE** that students can access when they are struggling, where they can speak to a trained staff member. (alternative pastoral support options must be available if school is closed due to Covid-19)

General awareness training for **ALL** members of staff.

(including an introduction to mental health, how it affects young people and adults and the language to be used to support those experiencing issues with mental health)

**5** ways to wellbeing board/information board on show and up-to-date (Physical display board and online)

Celebrate **WORLD MENTAL HEALTH DAY** on October 10th or organise your own awareness day/event.




Promote positive mental health across the wider school community, supporting

**YOUNG PEOPLE, STAFF & PARENTS**



Page on the school **WEBSITE** dedicated to mental health, self-help techniques signposting to support services.

Include **PSE** sessions on mental health for all year groups.



# SIGN UP NOW!

Register your school online at: [www.tcc-wales.org.uk/hmh](http://www.tcc-wales.org.uk/hmh)  
Once you have registered, you will receive an email with ideas and resources to support you to meet each point of the checklist and achieve your Healthy Minds Haven Award. We'll also send you a 'working towards becoming a Healthy Minds Haven' certificate you can display throughout your journey. We would love to see what you put in place at your school - please share your pictures with us on social media.

## CONTACT DETAILS

If you have any queries or would like to contact us about creating your 'Healthy Minds Haven' please email us on [office@tcc-wales.org.uk](mailto:office@tcc-wales.org.uk) or via social media:



@TCCWales



Charity no: 1086434

TCC (Trefnu Cymunedol Cymru/ Together Creating Communities) tackles social injustice by supporting diverse communities to gain the power needed to enact change. We do this through community organising: bringing together local groups, supporting them to set their own agenda, take action, and improve communities. If you are based in North East Wales and interested in joining us visit: <https://www.tcc-wales.org.uk/join-us>



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