**Designated Senior Mental Health Lead Training**

**The benefits of this training**

Research indicates that taking a coordinated and evidence-informed approach to mental health and wellbeing leads to improved emotional health and wellbeing in children and young people, and greater readiness to learn. Schools and colleges that have taken this approach often report improved attendance, attention, behaviour and attainment.

This training is not compulsory, but it is part of the government’s commitment to offer this training to all eligible schools and colleges by 2025.

[Senior mental health lead training - GOV.UK (www.gov.uk)](https://www.gov.uk/guidance/senior-mental-health-lead-training)

**What the training covers**

The [learning outcomes for senior mental health lead training](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/995681/Learning_outcomes_for_senior_mental_health_leads_in_schools_and_colleges.pdf) (PDF, 172 KB, 9 pages) are aligned with the principles of Public Health England (PHE) and DfE’s [promoting children and young people’s emotional health and wellbeing](https://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing).

You can reflect on your setting’s existing approach to mental health and wellbeing using the following:

* the National Children’s Bureau (NCB) [preparing for recovery: self-review and signposting tool](https://schoolswellbeing.org.uk/resources/all-resources/filter/wellbeing-mental-health/mental-health-and-wellbeing-secondary)
* an approach developed by Oldham Council, [the whole school and college approach to emotional health and mental wellbeing](https://www.oldham.gov.uk/info/200807/mental_health/1795/the_whole_school_and_college_approach_to_emotional_health_and_mental_wellbeing)
* [Leading Change](https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/leading-change/), developed by the Anna Freud Centre
* the Charlie Waller Trust’s [college mental health self-evaluation tool](https://charliewaller.org/what-we-offer/colleges/cmet)

**Who the training is for: identifying a senior mental health lead**

Schools and colleges can decide who is best placed to take on the role of senior mental health lead and undertake the training, as every setting’s circumstances are different. Training could be for your:

* headteacher
* deputy headteacher
* member of the senior leadership team (SLT)
* if not a senior leader, an appropriate member of staff, working with colleagues, who is empowered to develop and oversee your setting’s whole school or college approach to mental health and wellbeing

If your senior lead is not a member of your school or college SLT, you will need to consider whether the individual has the authority, capacity and support to influence and lead strategic change within the setting.

**Grant Funding**

The Department for Education (DfE) is offering a grant of £1,200 for eligible state-funded schools and colleges in England to train a senior mental health lead to develop and implement a whole school or college approach to mental health and wellbeing.

Eligible settings are able to claim only one grant, so, when choosing a senior mental health lead you should take into account succession-planning and career development plans. This will help ensure your senior lead has sufficient time and capacity to meet the conditions of the grant, including completing training and implementing a sustained whole school or college approach to mental health and wellbeing.

Information about how to apply for the grant can be found on the [DfE website](https://eur02.safelinks.protection.outlook.com/?url=https://www.gov.uk/government/publications/senior-mental-health-lead-training-grant-funding&data=05%7c01%7c%7cbce30f266f294e66ddee08db159f9ada%7ca8b4324f155c4215a0f17ed8cc9a992f%7c0%7c0%7c638127547453535615%7cUnknown%7cTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7c3000%7c%7c%7c&sdata=9n3zQVfW4yUyzDqiudUz7w4W6Dl34conDShkcCBFRV4%3D&reserved=0)

**Booking your training**

In Essex, we are part of the National Network of Mental Health Leads [Mental Health Lead](https://mentalhealthlead.com/).

Please look at the website for which Essex based course is most suitable for your school needs.

You can book a place on the website once you have accessed the Grant.