

World Mental Health Day - toolkit



World Mental Day is held every 10th October to raise awareness of mental health and drive positive change for everyone's mental health. This year's theme is prioritising mental health in the workplace.

We've handpicked some of our popular resources to help you and your colleagues stay mentally well.

Why not share this toolkit with your colleagues to start the conversation about mental health in your workplace?

Resources

[Staff mental health and wellbeing plan](#)

Want to make a commitment to your staff that you're prioritising their mental health and wellbeing? Make a start with our plan.

[Teacher burnout and how to avoid it](#)

Working in education can be inspiring and fulfilling. But it can also be exhausting, mentally and physically. Here are some tips to help avoid burning out.

[Improving mental health awareness at school](#)

Increasing mental health awareness can help to create a psychologically safe workplace, reduce stigma, and ensure that staff seek help when they need to. Download our guide on why is it important and how to do it in your school.

[Reducing mental health stigma](#)

One of the biggest barriers for teachers and other school staff reaching out for help with their mental health is the stigma that still surrounds mental health. Download our guide with ideas, tips and approaches for tackling stigma in your school.

[Mental health tips for early career teachers](#)

Hannah and Luke, two early career teachers, share their experiences of managing their mental health and offer helpful tips and advice to others starting out in teaching.

Resources

Compassionate leadership

Compassionate leadership is the key to open the door to a school culture that puts wellbeing at its heart. For World Mental Health Day Emma Kell talks to six school leaders about how they do it.

How can middle leaders beat burnout?

Burnout is real and it affects teachers everyday. In this blog we talk to middle leader Bethan Ware, who offers tips and examines what middle leaders can do to avoid burnout.

Helpline poster

Our helpline counsellors offer immediate emotional, confidential support to teachers and education staff. Download our helpline poster for your staffroom.



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