

National Children's Bureau announces a framework of best practice for mental health and wellbeing in schools

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Poppy Jaman, CEO for Mental Health First Aid England responds to the release of the National Children's Bureau (NCB) Best practice framework:

"We fully support the National Children's Bureau framework for best practice in this area and will work in partnership with the relevant organisations to ensure that mental health achieves parity of esteem within the education system.

"Adopting a whole-schools approach to mental health and wellbeing for pupils and teachers is imperative if we are to address the underlying issue of stigma and low awareness of mental health issues among staff and pupils. Mental Health First Aid should be part and parcel of teacher training, because it provides a network of support among teachers for their own mental health and it educates them to be able to recognise the early warning signs of a mental health issue in a young person.

"MHFA training doesn't teach people to be counsellors or psychiatrists but it does give the participant the knowledge and confidence to spot the signs and symptoms of a mental health issues and guide them to appropriate support.

"It also makes sense that every school should have a designated Mental Health First Aider, in the same way they all have physical First Aiders. We are now seeing some of the UK's leading employers adopting this approach and we believe that schools should be given the necessary investment to implement the same."

ENDS

Notes to editors

1. For further information, photographs, comments or case studies, please contact Eleanor Miller on media@mhfaengland.org or call 020 8224 1144
2. MHFA England is a Community Interest Company, established in 2009.
3. MHFA is the mental health equivalent of physical first aid training and provides participants with the skills and confidence to recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right support services.
4. To date over 85,500 people in the UK are Mental Health First Aid trained, including teachers and school staff across a wide range of schools.



MHFA England

5. The core principles of MHFA include: spotting the signs of a mental health problem, helping to stop the distress from getting worse and give confidence in helping someone who is experiencing a problem.
6. As well as the standard MHFA course, the organisation runs a number of bespoke courses including Youth MHFA, MHFA Lite, Armed Forces MHFA and MHFA Workplace.
7. More information about MHFA England and its courses can be found at www.mhfaengland.org or by emailing info@mhfaengland.org