

Developing a mentally healthy school: free training from CWMT



"I'm a parent of one of the girls you talked to and I just had to thank you. I had no idea about the difficulties she's facing and I'm so relieved she felt she could speak to me about it."

Raising awareness fighting depression



Why is mental health in schools important?

About 10% of young people are suffering from a diagnosable mental health disorder. Not only does this mean that a vast number of young people are unhappy, but also that they are underperforming at school, college and in their early careers.

- Three children in every classroom have a mental health problem
- Among teenagers, rates of depression and anxiety have doubled in the past 30 years
- 75% of mental health problems originate in adolescence

But... children and young people respond more readily than adults when problems are picked up early and outcomes are good.

What does the research say?

Research tells us that in schools where social, emotional and mental health needs are supported there are improvements in:

- academic learning and attainment
- staff wellbeing
- pupil wellbeing and the development of social and emotional skills
- the prevention and reduction of mental health problems, such as depression, anxiety and stress
- behaviour at school and reductions in risky behaviour
- attendance at school

Our training

CWMT employs 'Waller Trainers' who all have expertise in mental health and are teachers, clinicians, academics or have lived experience of mental health problems.

Our trainers draw on the latest research, clinical practice and the experiences of pupils and staff to provide high quality, targeted training.

They will discuss your needs, deliver the training and help you develop a whole-school approach to wellbeing.

Our training will:

- help you understand what the young people in your care may be experiencing
- help you to identify pupils who may need more support
- enable you to recognise problems early and to respond confidently and appropriately
- provide you with practical strategies to support them through periods of recovery
- give you the skills and confidence you need to improve the wellbeing of your pupils

“This was one of the best inset days we’ve ever had. It’s given staff the confidence to deal with mental health issues.”

Our whole-school approach

We offer talks and training for pupils and parents too, tailored to their needs and often running alongside staff training. Many schools have told us that this integrated approach works especially well, raising awareness amongst parents, staff and pupils whilst ensuring staff are adequately prepared to support pupils as needed. Sessions for pupils also help destigmatise mental health issues and help them look out for each other at times of stress.

The topics we can cover include:

- Developing a mentally healthy school
- Understanding and supporting young people with depression/anxiety
- Understanding and supporting young people with eating disorders
- Understanding and supporting young people who self-harm
- Developing resilience and coping skills in children and young people
- Supporting students through exam stress
- Overcoming perfectionism
- Body image and self-esteem
- Self-care in an online world

How does it work?

Talks and training sessions can be run for small or large groups and can last anything from an hour to several days, depending on your requirements.

We don't charge for our training – it's all free. However, we very much welcome donations to cover travel and other costs for our trainers. Some schools also like to raise funds for us after they've received their training.

We also ask schools to help us evaluate the work we do with them.

To book a talk or a training session, please visit www.cwmt.org.uk and complete our training request form, email training@cwmt.org or, if you already know one of our trainers, you can contact them to make a direct booking.

About us

The Charlie Waller Memorial Trust was set up in 1998 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust to educate young people in the importance of staying mentally well and how to do so.

Our vision is a world where people understand and talk openly about depression, where young people know how to maintain mental wellbeing, and where the most appropriate treatment is available to everyone who needs it.

The cover shows Dr Pooky Knightsmith, a CWMT trainer, delivering a session for pupils.

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