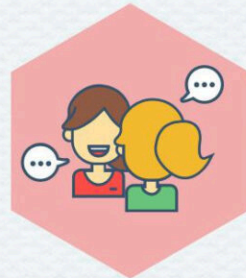


10 WAYS SCHOOLS CAN PROMOTE POSITIVE MENTAL HEALTH



ENCOURAGE

students and teachers be honest and open with each other



PROVIDE

mental health support to students as well as teachers



EDUCATE

students about mental health and the stigma associated to it



ADOPT

a whole school approach to mental health



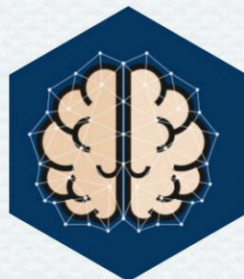
HELP

students to express themselves in a creative way



DEVELOP

strategies to help support students who are experiencing mental health problems



BUILD

programmes that helps to develop positive psychological skills such as resilience



WORK

with other organisations to help provide interventions to pupils



Support

teachers as well as students. Make sure they are looking after their own mental health



CREATE

a positive school environment where students feel safe to speak about issues or problems they are facing