



## **Mental Health in Schools: Make it Count**

More and more schoolchildren are struggling to cope with their mental health. Amidst rising rates of depression, anxiety and self-harm in children and young people, the Mental Health Foundation have launched their new ***Make it Count*** campaign, because **mental health is not extra-curricular**.

Good mental health is fundamental to be able to thrive in life. If we are not tackling mental health problems early, then we risk failing the next generation right at the start of their lives.

### **Make it Count – Guide for Students**

This guide is for children and young people. It has some advice on how to keep themselves mentally healthy. Staying mentally healthy is just as important as staying physically healthy.

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-pupils>

### **Make it Count – Guide for Parents and Carers**

This guide is for parents and carers to help children understand, protect and sustain their mental health.

It is important that children are encouraged and supported to look after their mental health every day. This guide offers suggestions for how you can help your child do this. The guide also offers advice for what you can do when things get tough and if you are worried about your child's mental health.

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

### **Make it Count: Guide for Teachers**

This guide is for teachers to help them create a classroom and school environment where children can thrive with good mental health.

It is important that children are encouraged and supported to look after their mental health every day. This guide offers suggestions for how teachers can help children do this in the classroom and across the school.

It is also important that teachers look after their own mental health and wellbeing and this guide also offers advice for teachers as to how they can do that.

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-teachers>

You can also find information about how to look after your mental health with our popular guide: <https://www.mentalhealth.org.uk/publications/how-to-mental-health>