

The 2026 campaign for Mental Health Awareness Week encourages schools to **focus on action**, not only awareness. Small actions make a big difference and here are some simple ways that schools can support good mental health for the entire school community.



## TAKE ACTION

- Review anti-bullying systems
- Create quiet regulation spaces
- Train student mental health champions
- Offer staff wellbeing sessions
- Weekly tutor-time wellbeing activities
- Develop clear referral pathways for pupils needing support
- Work with your Living Well Schools Lead on our emotional wellbeing priority

### Whole School Activities



- 5-minute wellbeing check-ins at the start of every lesson.
- Assemblies on stress and exam pressure, social media, sleep, kindness & inclusion
- Create a 'take action' wall where everyone can write what actions they will take for wellbeing.

### Primary Schools



- Storytime sessions focussed on resilience and belonging.
- Playground buddy systems.
- Calm corners with colouring, breathing cards and sensory tools.

### Family Engagement



- Share local support services contacts with families.
- Family wellbeing walks.
- [Book our free parent support courses](#) focusing on emotional wellbeing

### Staff Wellbeing



- No meeting or duty lunchtime days.
- Protected wellbeing breaks.
- Appreciation boards.
- Workload review discussions.

### Wear Green Day



**Thursday 14<sup>th</sup> May**  
Wear green to raise awareness about mental health and support local mental health charities.

### Secondary Schools



- Peer mentoring programmes.
- Safe-space drop-ins with pastoral staff.
- Student-led podcasts, videos or assemblies about mental health.
- Anonymous question/suggestion boxes.

Visit the [Living Well Schools website](#) for all our facilitated and independently led resources with lots of helpful information to support good mental health in schools. Filter for 'emotional wellbeing'