Mental Health in Schools

Author(s): Mark Prever

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Category: Professional development

Summary:
Mental health is an important component of the Personal, Social and Health Education (PSHE) curriculum. This practical guide for teachers looks at how mental health issues affect children’s behaviour, self-esteem, motivation and achievement and what the school can do about this.

Suitable for senior staff, teachers, all those with pastoral care responsibilities and teachers and coordinators of PSHE. The book explains the difference between counselling and counseling skills and covers issues such as:

- mental health and behaviour
- the causes and range of mental health problems experienced by young people
- how schools can make a difference
- the idea of a ‘mentally healthy’ school
- information on listening skills, counselling and talking therapies
- how to set up and run counselling provision in a school
- multi-agency working and referral
- peer support
- lesson ideas and plans for PSHE lessons
- activities for staff to use in INSET

Related Resources:
- Mental Health in Schools: Engaging Learners, Preventing Problems, and Improving Schools (CO4112)
- Changing Behaviour in Schools (SA3948)
- Educating Children with Complex Conditions (SA8737)