

10 Steps to a Mentally Healthy School - Progress Tracker

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| Great leadership and school ethos towards promoting good mental health and resilience | | |
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| Great subject knowledge and training for staff | | |
| Safe spaces and walk in rooms | | |
| Confident conversations about suicide | | |
| Skilled and confident class teachers and form tutors who can understand and support | | |
| Ensuring interventions and practice follow the 30% / 70% rule of prevention - courses before crisis | | |
| Tracking and screening all students for Mental Health so we know who is vulnerable before crisis. | | |
| Good curriculum consistently taught, PSHE / 'RSHE' which deals with managing feelings, problem solving and resilience | | |
| Stigma reducing activities | | |
| Staff well-being, including supervision for front- line DSL's | | |
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