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Titolo	The mental health and wellbeing handbook for schools : transforming mental health support on a budget / / Clare Erasmus
Pubbl/distr/stampa	London ; ; Philadelphia : , : Jessica Kingsley Publishers, , 2019
ISBN	1-78450-869-1
Descrizione fisica	1 online resource (146 pages)
Disciplina	371.7/13
Soggetti	Students - Mental health services School children - Mental health services
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Make a start -- Listening to and identifying the wellbeing barometer of your school -- Start at the top -- What is resilience? -- Train staff -- Teach students about mental health -- Build safe classroom environments -- Plan mental health lessons -- Create safe spaces for wellbeing support -- Referrals and mental wellbeing mentors -- Harness the power of peer mentoring -- Embrace digital technology -- How to make interventions work -- Work with parents -- Whole school campaigns -- Raise the finance -- Share best practice.
Sommario/riassunto	This book lays out an intuitive and practical approach to mental health and wellbeing that any school can adopt to transform their mental health support for students. With a focus on providing staff with practical tools on a limited budget, the book helps schools make a real difference to student mental health. It sets out a roadmap for staff to create robust mental health support for students without requiring qualifications in psychology or counselling. It covers key areas including staff training, creating safe spaces for wellbeing and how to harness the support of parents and the local community. It also includes practical advice for addressing concerns such as stress, self-harm and body image. From small, everyday improvements that foster a culture of mental wellbeing to whole school campaigns, this book shows how to embed mental health at the heart of a school's philosophy.

