



## **Back to school: Mental health and wellbeing resources and support available to schools for children and young people returning to school in England.**

### **September 2021**

As students return to school after the summer holidays, some pupils may be feeling worried about transitioning into a new class year or may be experiencing new or worsening mental health problems. This document aims to collate key resources of support available to schools, parents and carers to support the mental health and wellbeing of young people returning to school.

### **Useful mental health & wellbeing resources for school staff to support students with the return to school:**

- The Department for Education (DfE) has produced a range of publications and resources for the return to education. These include [Parent guidance](#) on what parents and carers need to know about early years providers, schools and colleges during COVID-19, a [Back to School Blog for parents](#), a [Teachers Blog](#) and [social media videos](#) for students and teachers on the importance of COVID-19 testing.
- DfE have also brought together information about the various [national mental health support offers and training available to schools and colleges](#). This includes resources to provide teachers and teaching staff in schools, colleges and FE providers with support they may need to respond to a range of issues as a result of COVID-19; as well as further information on the opportunity to train a Senior Mental Health Lead, to develop a whole school or college approach to mental health and wellbeing.
- The Anna Freud [Back to school 2021 toolkit : Mentally Healthy Schools](#) aims to help improve staff knowledge around more general mental health and wellbeing awareness and provides resources about specific mental health needs.
- Place2Be has put together a series of resources for [primary schools](#) and [secondary schools](#) focused on promoting wellbeing and community recovery, to help school staff start to bring their schools back together following recent challenging times.
- [MindEd](#) – is a free educational resource from Health Education England on children and young people's mental health. Schools may find it useful to re-deliver or build on content from the pre-existing, bitesize content includes [death and loss](#) (for parents and carers), [loss and grief](#) (for professionals including teachers) and [trauma and coping](#) (for parents and carers).



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- PHE have developed a range of resources to aide school staff and parents to support their students retuning to education. These documents are also available for download on the [PHE resource hub](#):
  - [Returning to Education toolkit](#)
  - [Returning to Schools and Colleges pack](#)
  - [Returning to Education Early Years Leaflet](#)
  - [Returning to Education Primary School Leaflet](#)
  - [Returning to Education Secondary Schools Leaflet](#)