

Supporting Staff and Student Mental Health and Wellbeing

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Edge Hill
University

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Provider

Content warning: please be advised that this session will discuss themes related to mental health and suicide which some attendees might find upsetting.



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Mental Health Support

**Samaritans – for everyone,
open 24 hours a day**

Call: 116 123

Email: jo@samaritans.org

**Papyrus – for people under
35**

Call: 0800 068 41 41 – Monday
to Friday 10am to 10pm,
weekends 2pm to 10pm, bank
holidays Text: 07786 209697

Email: pat@papyrus-uk.org

**Hub of Hope – for everyone,
24/7**

<https://hubofhope.co.uk/>

Shout

Text YM to 85258.

Free, 24/7 text support for young
people across the UK experiencing
MH crisis.

The Mix – for people under 25

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**Campaign Against Living
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**THIS IS A
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It's time to start looking after
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Access 1,000s of mental health services for free to find support
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It might be just what you've been looking for.



hubofhope.co.uk

CHASING
THE STIGMA



Charity Number: 1193297

[@ChasingStigma](https://www.facebook.com/chasingthestigma)
[chasingthestigma.co.uk](https://www.chasingthestigma.co.uk)
info@chasingthestigma.co.uk

Faculty of Education



Teacher
Education and
Professional
Learning



Transformative
Education



Early Years,
Families, and
Communities



Philosophy,
Values, Ethics,
and World Views



Inequalities,
Health, and
Wellbeing

Working creatively with others
to enhance life chances

What are the key challenges facing staff and students in your setting?

How do these relate to mental health and wellbeing?

What practical things would help address these challenges?

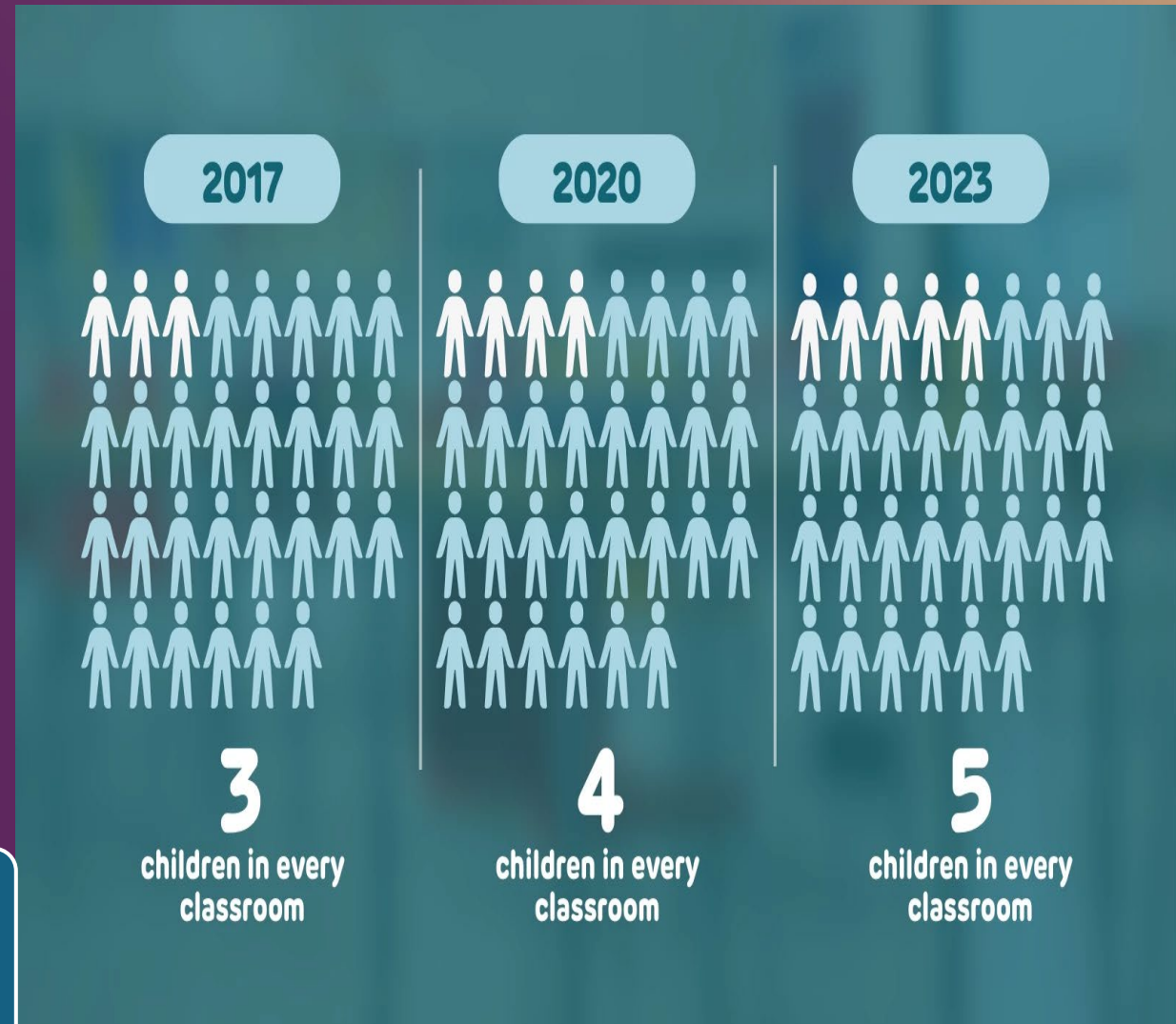
Learning from our Education Partnership

CYP mental health: **key challenge**
for schools and colleges

Non-suicidal **self-harm** and **suicidal ideation** and **action**

Government policy: education as **key site of mental health promotion** and **suicide prevention**

Proposed revisions to **national curriculum**: RSHE in secondary schools



(Newlove-Delgado et al., 2023)

Key Questions and Considerations



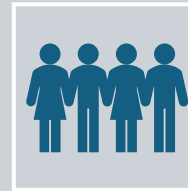
What is/should be the **role of education** in managing mental health challenges?



What **support** is needed for **pupils, teachers/lecturers** and the **wider workforce**?



What **support** is needed for **trainee teachers** and aspiring **education professionals**?



How can education staff be supported to **work collaboratively** with **mental health** and **community services**?

Examples of Studying and Training Support

School Pupils

Programmes
Interventions

Trainee Teachers

PGCE Primary Mental
Health and Wellbeing
Specialist with QTS

Current Workforce

MA Education
(Children and Young
People's Mental
Health)

Mental health and
suicide prevention
in course
curriculum

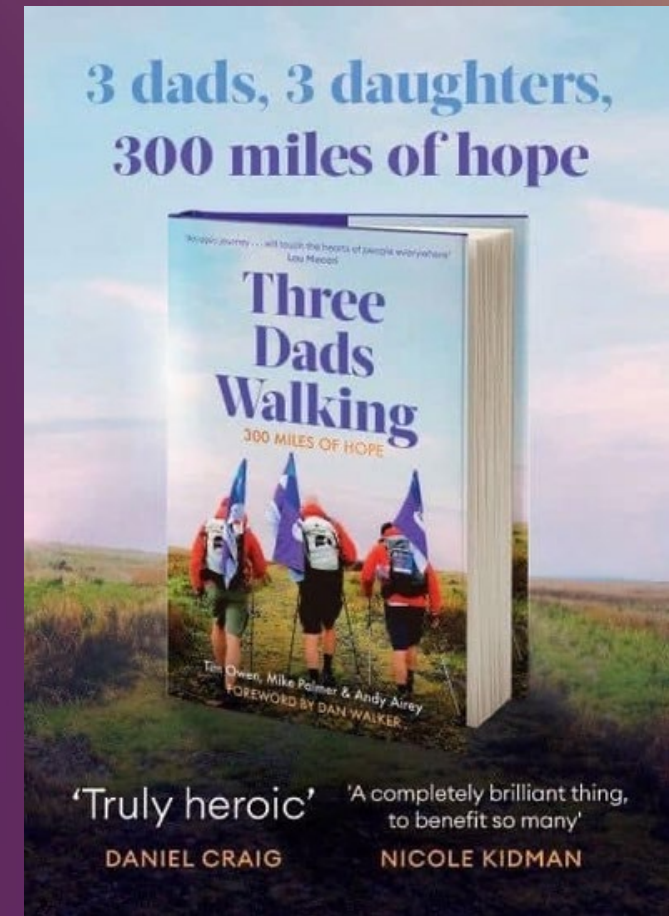
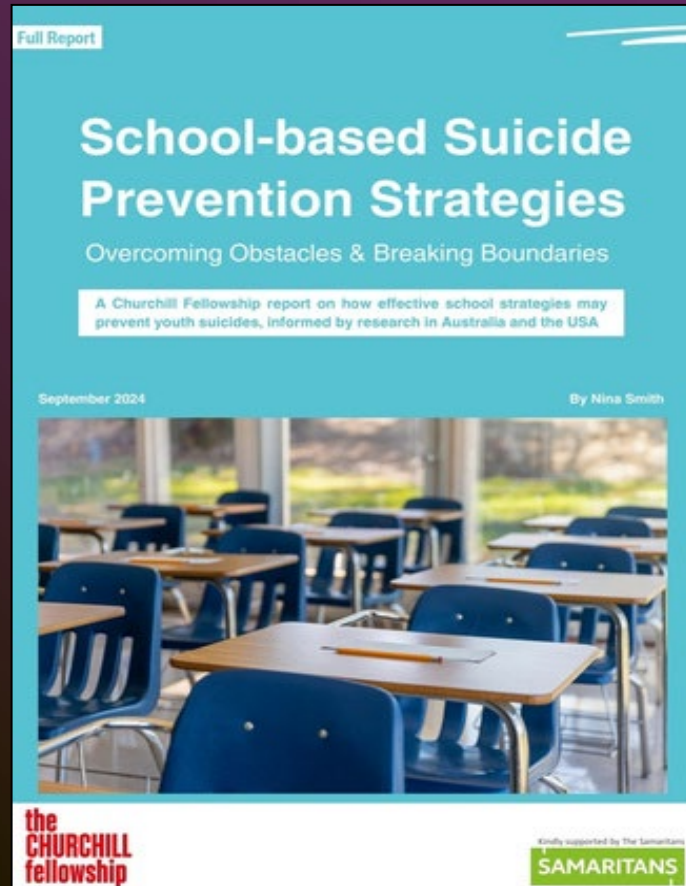


Mental health and
suicide prevention
training



Continuing
professional
development

Importance of Lived Experience





AHEAD OF THE GAME

GROWN BY **MOVEMBER**®

Some of Our Mental Health and Wellbeing Support Programmes in Education



**League
Cares**



tackling
the
blues

Ahead of the Game



Ahead of the Game

Participants

- 12-17-year-olds
- Parents
- Coaches

Community sports clubs

- 2 MHL components
- Intentions to seek help and support
- Resilience of adolescents



Parents

- Mental health literacy
 - Mental health conversations

Coaches

- Mental health literacy
 - Mental health conversations

Significant Benefits For:

01



**Anxiety and
depression
literacy**

02



**Resilience and
wellbeing**

03



**Intentions to
seek help
from formal
sources**

04



**Confidence to
seek mental
health
information**

(Vella et al., 2021; Vella et al., 2022)

Children and Young People's Mental Health and Physical Activity – Edge Hill University Evidence Review



Edge Hill University



Physical activity can benefit children and young people's mental health

There was strong and consistent evidence that sport and physical activity interventions have positive effects on the diagnosed mental health problems of children and young people.

(Edge Hill University Evidence Review 2024)

[View report >](#)

Diverse forms of aerobic and resistance exercise, of at least moderate intensity, are particularly effective for children and young people with a diagnosis or symptoms of depression.

(Edge Hill University Evidence Review 2024)

[View report >](#)

Active children and young people have lower rates of loneliness.

(Active Lives Children and Young People's Survey 2023-2024)

[View report >](#)

"Physical activity isn't just nourishing for the body; it's vital for the mind. It helps calm your thoughts, fosters meaningful social connections and cultivates a deep-seated confidence and empowerment that greatly supports mental wellbeing."

A young person from Mind's Young People's Physical Activity Advisory Group

There is a positive association between levels of engagement in sport and physical activity and levels of mental wellbeing.

(Active Lives Children and Young People's Survey 2023-2024.)

[View report >](#)



Children and Young People's Mental Health and Physical Activity – Edge Hill University Evidence Review



Edge Hill University



The review

Edge Hill University undertook an international evidence review on the use of sport and physical activity interventions for children and young people (aged 5–25) with a diagnosed mental health condition, as well as those waiting for, or on a mental health treatment pathway.

A scoping review of 143 studies was conducted, and a modified GRADE (Grading of Recommendations, Assessment, Development, and Evaluations) approach was adopted to assess the quality of the evidence overall.*

* There were several limitations to the evidence base related to the quality and breadth of studies which warrants some caution when interpreting the conclusions drawn. [Children and Young People's Mental Health and Physical Activity: An Independent Evidence Review Commissioned by Sport England](#)

The findings

Sport and physical activity have **positive effects** on the diagnosed mental health problems of children and young people.

Type of delivery

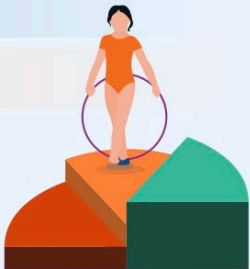
Exercise in **group environments** had a **stronger** effect on mental health when compared to one-to-one or individual exercise.



Type of exercise

Moderate

Aerobic exercise was the most common, and had **moderate** effects on depression.



Strong

Aerobic plus resistance exercise was less common, but had **strong** effects on symptoms of depression.



Strong

Physical activity of moderate-to-high intensity was most effective in treating depression in adolescents.



The optimum intervention dose:



How, if at all, are your students interested in mental health and wellbeing?

What types of courses, if any, are they interested in?

What types of mental health and wellbeing-related careers, if any, are they interested in?

**UNLESS SOMEONE LIKE YOU CARES A WHOLE AWFUL LOT,
NOTHING IS GOING TO GET BETTER. IT'S NOT.**

— DR. SEUSS —



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Charity Number: 1193297

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