

Dear Sir/Madam

We all have mental health. As a leading children's mental health charity, the Anna Freud National Centre for Children and Families welcomes the innovative work taking place in local authorities and schools across the country to support pupil wellbeing. However, **any conversation about supporting pupil mental wellbeing must consider how we support our staff.** This is essential if we want staff to thrive and help pupils to reach their potential.

This week sees the launch of [Mental Health at Work](#), an online gateway to resources, training and information aimed at transforming mental health in the workplace in the UK. The gateway has been developed by Mind and is supported by The Royal Foundation with Heads Together – of which we are a charity partner.

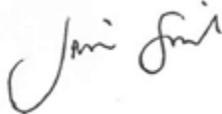
This new national initiative offers an ideal opportunity to address staff wellbeing in schools, and with this in mind **we are asking schools to make this year a wellbeing year for staff.**

We have developed a free booklet about school staff wellbeing. We have also carried out a consultation on staff wellbeing, and we will publish a resource based on our findings in November. This resource will include **a checklist of essential considerations for schools when developing their approach to staff wellbeing**, and will be available for free through our [Schools in Mind network](#).

As part of the Heads Together initiative, we are asking schools to do three things to make this year a wellbeing year for school staff:

1. **Download** our [Supporting Staff Wellbeing in Schools](#) booklet. This is downloadable for free. Hard copies are available at a small charge to cover our costs (contact [schoolsinmind@annafreud.org](mailto:schoolsinmind@annafreud.org) to place an order)
2. **Join** our free [Schools in Mind network](#) and encourage staff to do the same, to receive our school staff wellbeing resource in November.
3. **Explore** the new [Mental Health at Work](#) gateway and encourage staff to use it. We hope that with your support and Mind's national initiative we can go some way to helping school staff who may be struggling to make their distress at work heard. Please support us to support them.

Yours sincerely,



Jaime Smith

Programme Director for Mental Health and Wellbeing in Schools