**10 Steps to a Mentally Healthy School**

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|  | RAG | Comments |
| Great leadership and school ethos towards promoting good mental health and resilience |  |  |
| 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 frontline DSL’s |  |  |