

MENTAL HEALTH TRAINING FOR TEACHERS

COURSE CONTENT OVERVIEW



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Those who work in education are often under large amounts of pressure from teaching and the other responsibilities and expectations that come with the role. As a result, a number of these professionals are reporting that they are struggling with the demands placed on them and that this is affecting their mental health.

This mental health training course is designed specifically for those who work in an educational setting, such as teachers, teaching assistants, and senior leaders. It explains the factors that contribute to poor mental health, some of the common mental health difficulties that people face, and the effects of poor mental health. It also provides guidance on managing mental health and provides techniques and tips for engaging in self-care.

Module One: Introduction

This module introduces the topic of mental health and the prevalence of mental health difficulties for those who work in education.

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- What is mental health?
- Mental health in education statistics
- Mental health and COVID-19
- The impact of poor mental health
- Perceptions of mental health at work

Module Two: Factors Contributing to Poor Mental Health

This module looks at research that has been conducted into teacher wellbeing and the factors that are found to have a negative impact on teacher mental health.

- Research into teacher wellbeing
- Factors impacting teacher wellbeing
- How COVID-19 has impacted mental health

Module Three: Common Mental Health Problems

This module introduces the mental health continuum and explains how to spot the signs of some common mental health difficulties.

- The mental health continuum
- Different types of symptoms
- Common mental health problems
- How to spot the signs and symptoms

Module Four: Practical Tips to Support Mental Health

The final module provides guidance on how to manage your mental health, including tips to improve your wellbeing and what to do if you think you need further support.

- The mental health continuum
- Supporting teacher resilience
- Five steps to mental wellbeing
- Relaxation techniques and habits
- Talking about mental health
- Further support
- Improving mental health in educational institutions

Aims of the Training

By completing this training, you will:

- Increase your knowledge of common mental health conditions within the education sector.
- Be aware of the common causes of poor mental health within the education sector.
- Understand the mental health continuum and recognise where you are on it.
- Be aware of the signs that you or your colleagues are being affected by poor mental health and be able to recognise the signs of stress, depression and anxiety.
- Understand the roles of your employer and management in promoting mental health and wellbeing.
- Understand the importance of self-care and accessing support.