

10 ways young people in London want schools to support their mental health

Healthy London Partnership and Amplified worked with children and young people across London to find out what they need to support their mental health and wellbeing in school and college.

Using reports, surveys and workshops led by schools, colleges and youth projects from across the capital, here are young people's top 10 priorities for creating a mentally healthy learning environment:

1. Every pupil knows who is responsible for and can help with mental health issues

Make sure we know who to go to in school if we are struggling and need someone to talk to- share this information in lots of ways, like assemblies and on posters.

2. Every adult in the school offers a good first response if I say or show I am struggling with my mental health

We want the staff who have contact with us daily to notice if we are struggling, and know how to help us find the right person and place to get support from if we need it.



3. Bullying is dealt with effectively

If we have experienced bullying we want to get emotional support quickly and easily from school- and we want bullies as well as victims to get support and assistance from school.



4. Empower us to understand and take a role in caring for our mental health

We want useful information which is co-designed and delivered by people like us about how we can take care of our mental health and how to get help if we need it. We want this in lots of different ways like lessons as well as information resources we can use on our own.

5. Extra support for pupils that are struggling

If a pupil is struggling, we want someone such as the forum tutor to check in every day and see how they are. This can make a huge difference when you are going through a hard time. And we want personalised plans to help us come back to school if we've had to take time off because of our mental health.

6. Emotional and practical support during busy, stressful times

Exam time is a really stressful time for us. We want information and advice on how to cope with the pressure we feel and quick and easy access to support if we feel it's getting too much.



7. A place to go to on hard days

We want a quiet space designed to promote wellbeing that we can go to when we are having a hard time and feel overwhelmed. We can use it clear our heads and calm down if we need to, as well as build ourselves up to carry on for the day.



8. Signposting to support in our area and beyond

We are in school so much that's it's one of the best ways for us to find out about what other things can support us outside of school. We want school to provide information about local mental health services as well as other wellbeing activities we could use locally or online.

9. Pupil involvement in making the school more mentally healthy

We know what things impact our mental health and what could help school promote our positive mental health so we want to be involved in designing the policies, projects and activities that are about our mental health.

10. Recognising us as individuals

We want to be recognised for all the things we do and are interested in, not just our academic achievement as that can make us feel pressured. We want school to help us take part in things we enjoy outside of lessons that help us work out who we are and feel good about ourselves.

