

WELL-BEING IN POST-PRIMARY SCHOOLS

Guidelines for Mental Health Promotion and Suicide Prevention

TEN ACTIONS THAT SCHOOLS CAN UNDERTAKE TO PROMOTE THE EMOTIONAL HEALTH AND WELL-BEING OF A SCHOOL COMMUNITY

Within the school context, positive mental health promotion should focus on enhancing protective factors that contribute to the social and emotional growth, and general well-being of young people.

Key strategic actions for positive mental health promotion include:

1. Developing and maintaining a safe and caring environment within the school where a sense of belonging and connectedness is fostered
2. Building positive teacher-student and student-student relationships to promote participation, social interaction and pro-social behaviour
3. Actively involving young people and their parents/guardians in developing and implementing school policies to support mental health and health promotion
4. Adopting a whole-school approach to health promotion, where health is promoted by all and not just by a few members of staff
5. Supporting and implementing a well-planned, consistent and integrated SPHE/ RSE curriculum to enable young people enhance their coping, resilience, communication, conflict resolution, and problem-solving skills
6. Developing whole-school systems and structures to support the early identification of young people experiencing social, emotional, behavioural or learning difficulties
7. Actively involving, supporting and encouraging young people's participation in extra-curricular activities
8. Fostering a whole-school ethos that accepts and values diversity within the student and staff population
9. Providing easy access to information for students and staff on supports available to them within the school and wider community
10. Facilitating access to continuing professional development for school staff on the promotion of the mental health and well-being of young people.