



Peer
Education
Project



Mental Health
Foundation



HEALTHY

RELATIONSHIPS



**A guide for staff
supporting young people**

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This resource is part of a campaign focused on healthy relationships with ourselves and others. The campaign has been supported by Fastn, an organisation that championed the development of relationship skills in childhood that sustain positive relationships for life. Fastn’s relationships education work has now become part of charity, Family Links The Centre for Emotional Health. To find out more and get in touch please visit the website www.familylinks.org.uk

In a survey shared with our [OPEN network](#), we asked a sample of parents/caregivers, what does a healthy relationship mean to you?

"A relationship you feel safe to be yourself in, that is mutually supportive and you can trust the other person."

"We don't take each other for granted and understand each other's problems and are their to listen, help and support each other."

"Everyone is respectful of each other and are able to communicate their feelings without fear, judgement or prejudice.....and to enjoy each other's company and have a laugh!!"

"A mixture of support and space - good reciprocal communication. Understanding that you will have different opinions about some things and that is ok."



"A healthy relationship should be reciprocal and equal. It's important in a relationship to feel loved, supported and included. There should be healthy boundaries and you should feel safe."

This guide provides tips and resources on how to support yourself, your colleagues, and your pupils with developing healthy relationships.

Supporting yourself and colleagues with developing healthy relationships

Resources to support yourself and colleagues

Mental Health Foundation resources

Our vision at the [Mental Health Foundation](#) is for a world with good mental health for all. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

[Tips on looking after your mental health](#)

Read these tips on how to look after your mental health.

[Tips on how to support mental health at work](#)

Read these tips on how to look after your mental health at work.

[A guide on the different types of rest](#)

Read this guide on reconsidering what rest means to you and how you can find ways to rest depending on your body's needs.

[Relationships and mental health podcast](#)

Listen to this podcast where Ben Norris talks openly about his family and relationships.

[Tips on nurturing our relationships during challenging times](#)

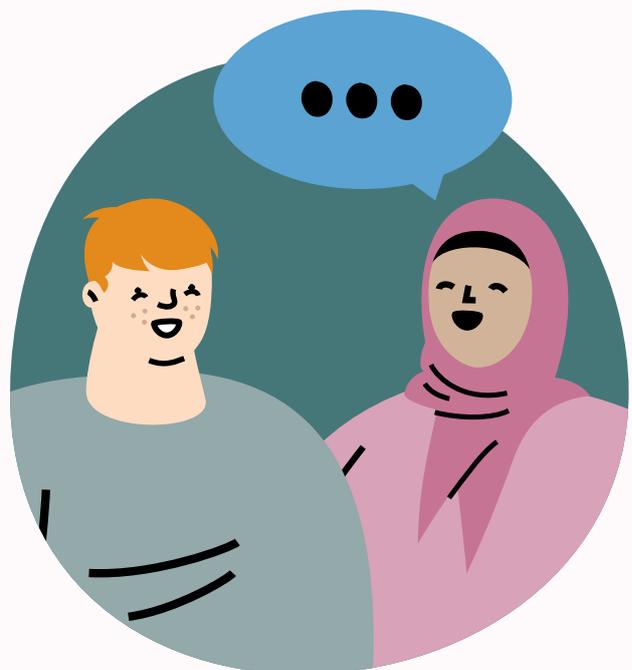
Read these tips on nurturing healthy relationships.

[A guide to investing in your relationships](#)

Read this guide on what we can do to create better relationships with ourselves, with the people we are close to and with those around us.

[Tips for managers on relationships at work](#)

Read these tips on developing healthy relationships at work, particularly for line management relationships.



Education Support resources

[Education Support](#) is the only UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges, and universities.

If you need support, speak to a qualified counsellor using Education Support's 24-hour helpline.

Call: **08000 562 561** (free)

[A guide on bullying and harassment in the workplace](#)

Read this guide on how to recognise bullying and harassment at work, and how to respond if it is happening to you.

[A webinar on setting boundaries and taking rest](#)

Watch this webinar exploring how to take ownership of your boundaries, how to make time for rest and how to keep the professional and personal separate.

[A guide on looking after yourself and each other in education settings](#)

Read these tips on how to look after yourself and build support with colleagues.

[The power of conversations webinar](#)

Watch this webinar exploring the importance of talking to each other, and giving practical advice on how to have open and honest conversations about mental health to create a culture where staff feel valued, cared for and supported.

[A reflective exercise on your 'why' to working in schools](#)

Try this reflective exercise to reconnect with yourself and reflect on your day, practice and reactions.

Other resources

[Teacher tips on time management](#)

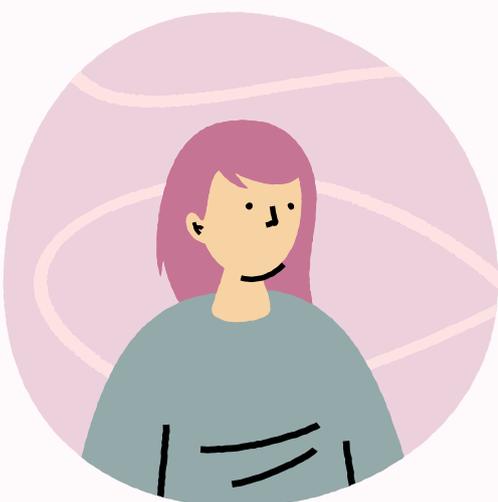
Watch this short film on ideas from teachers about how to manage workloads to protect time for yourself.

[A guide to self-esteem](#)

Read these tips on improving your self-esteem.

[TED talks on the art of meaningful conversation](#)

Listen to these TED talks on developing stronger communication skills and connections with others.



Support services for adults

Samaritans

Samaritans are open 24/7 for anyone who needs to talk.

Call: **116 123** (free)

Email: jo@samaritans.org

Post: Freepost SAMARITANS LETTERS

The Samaritans Self-Help app is a tool to track how you're feeling and receive tips on things you can do to look after yourself.

Samaritans also have a Welsh Language Line on **0808 164 0123** (7pm–11pm every day).

Hub of Hope

Hub of Hope is a UK-wide mental health service database, allowing you to search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

Mind

Mind offers advice, support and information to people experiencing mental health difficulties, and their family and friends.

InfoLine: **0300 123 3393**

Lines are open Monday to Friday
9am to 6pm (except bank holidays).

Email info@mind.org.uk

Side by Side

Side by Side, hosted by Mind, is an online community where you can listen, share and be heard. The online community is moderated to keep the community safe and supportive.



Supporting your pupils with developing healthy relationships

Classroom-based activities

[Challenging unhelpful thoughts activity](#)

Developed with teachers and NHS approved, use this form time activity to support pupils to identify examples of unhelpful thoughts and practise 'reframing' them.

[A toolkit on expressing thoughts and feelings in writing](#)

Download these toolkits that focus on the benefit of writing as an effective means of directing and expressing feelings and emotions, to support pupils' mental health and wellbeing.

[A lesson plan on choosing respect](#)

Use this lesson plan and activities, written by the Anti-Bullying Alliance, to explore what respect means and how to show it.



Resources for young people

[MHF Tips for Young People on Healthy Relationships](#)

Share these top tip postcards, written by the Mental Health Foundation, to support young people to develop healthy relationships with themselves and others.

[A guide on how to say no](#)

Signpost your pupils to advice on how to say no and why it is important to do so.

[Information on how to understand feelings](#)

Share this information page on understanding feelings with your pupils.

[A guide on self-esteem and believing in yourself](#)

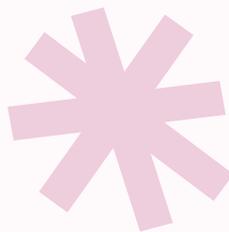
Share this guide with your pupils on self-esteem, and how they can look after themselves and others who may be struggling.

[Tips on starting difficult conversations](#)

Share these 8 top tips with pupils to support them with opening up to their peers.

[Tips on how to discuss and debate topics with each other](#)

Share this information page with your pupils to help them feel confident in sharing their views and sensitively taking part in a discussion.



Support services for young people

The Mix

The Mix offers online information as well as helpline support to under-25s about anything that's troubling them.

Email: via their [online contact form](#)

Call: **0808 808 4994** (free)

Telephone services available 4pm – 11pm everyday.

Text: **THEMIX to 85258**

The text service is free, 24/7 crisis support across the UK.

One-to-one chat: Free [1-2-1 webchat service](#)

The webchat is available 4pm – 11pm, Monday to Saturday.

Childline

A support service for anyone under 19 in need of support.

Call: **08001111** (free)

Telephone services available 24-hours a day, every day.

Young people can [sign up](#) for a free Childline locker (real name or email address not needed) to use Childline's free [1-2-1 counsellor chat](#) and email support service.

Shout

A support text service, available 24-hours a day, every day.

Text: **SHOUT to 85258**



Supporting staff and pupils within school

Resources

[Article on improving mental health awareness at school](#)

Read this article on why mental health awareness is important in your school and ways to build it in to school life.

[Advice on developing empathy-based classrooms](#)

Watch this short video describing how to have an empathy-based classroom.

[Training on mental and emotional health in schools](#)

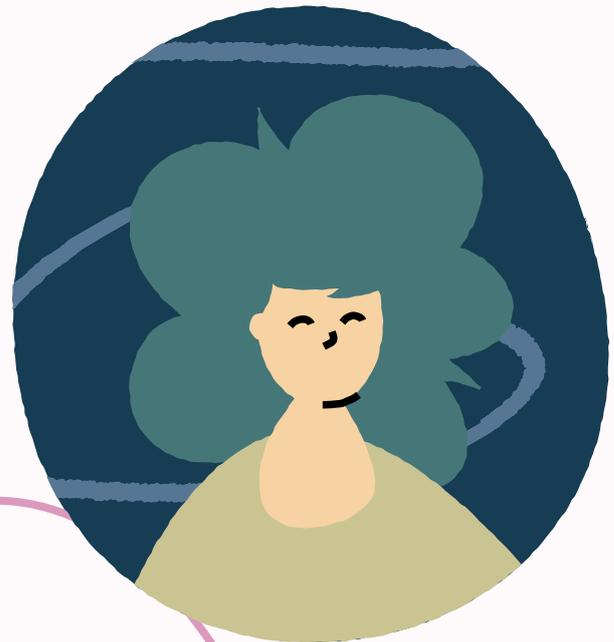
Sign up to this free CPD certified online course helping school staff recognise and respond to signs of poor mental health and support their own and other's emotional health, increasing mental wellbeing in schools.

[An article on developing cultural awareness in the classroom](#)

Read this article to think about how to develop cultural awareness in your classes.

[The Principles of Excellence in Relationships Education](#)

Use these principles to guide how your school embeds healthy relationship information and activities across the curriculum and school.



Fundraising for mental health awareness

Hold a 'Wear it Green Day' for Mental Health Foundation

The green ribbon is the international symbol of mental health awareness.

Whether you go all out in head to toe green or show your solidarity with one of our [green ribbon pin badges](#).

Holding a 'Wear it Green' day is a great way to get the whole school involved and talking about mental health.

Download our [Wear it Green Day Fundraising Pack](#) and our [Wellbeing and Schools Fundraising Pack](#).

We'd love to hear about your Wear it Green Day!

Get in touch with the team to let us know your plans: events@mentalhealth.org.uk

We can also send collection tins and fundraising materials.

Wear It* Green Day



How to send the money to the Mental Health Foundation:

You can go to the Mental Health Foundation's [online donation page](#) or

Send a cheque payable to Mental Health Foundation to: **Mental Health Foundation, Studio 2, 197 Long Lane, London SE1 4PD**



If you'd like us to send you a paying in slip, please email events@mentalhealth.org.uk and this can be organised for you.

When sending us your donations, make sure you always bank the money yourself! Never send cash through the post, as it could get lost or stolen.

Thank you so much for your support!





[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

 [Mental Health Foundation](https://www.facebook.com/MentalHealthFoundation)

 [mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

 [@MentalHealth](https://twitter.com/MentalHealth)



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