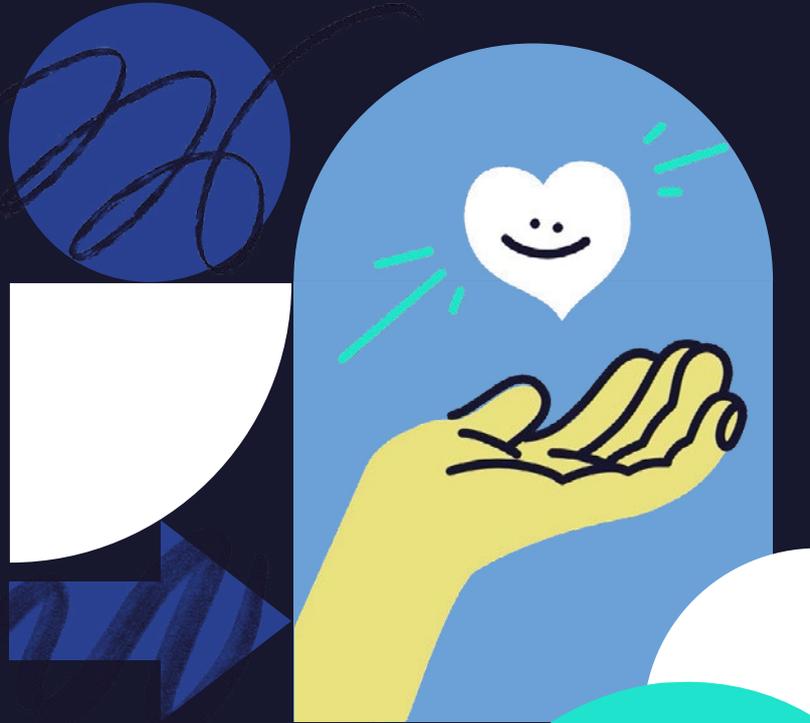




Peer  
Education  
Project



Mental Health  
Foundation



**WHY**

**KINDNESS**

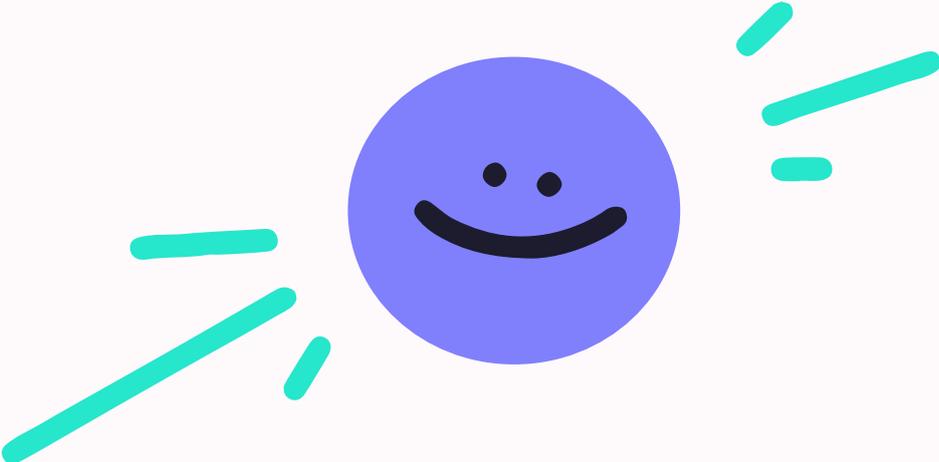
**MATTERS**

A guide for staff  
supporting young people

# Contents



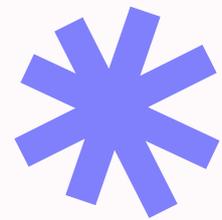
- Supporting yourself and colleagues to show kindness** ..... 4
  - Resources to support yourself and colleagues** ..... 4
    - Mental Health Foundation resources ..... 4
    - Education Support resources ..... 5
    - Other resources ..... 5
  - Support services for adults** ..... 6
- Supporting your pupils with showing kindness** ..... 7
  - Classroom-based activities** ..... 7
  - Resources for young people** ..... 8
  - Support services for young people** ..... 9
- Supporting staff and pupils within school** ..... 10
  - Resources** ..... 10
  - Fundraising for mental health awareness** ..... 11



# There are many definitions of what it means to be kind and kindness is often entwined with related concepts like empathy, compassion, and altruism.

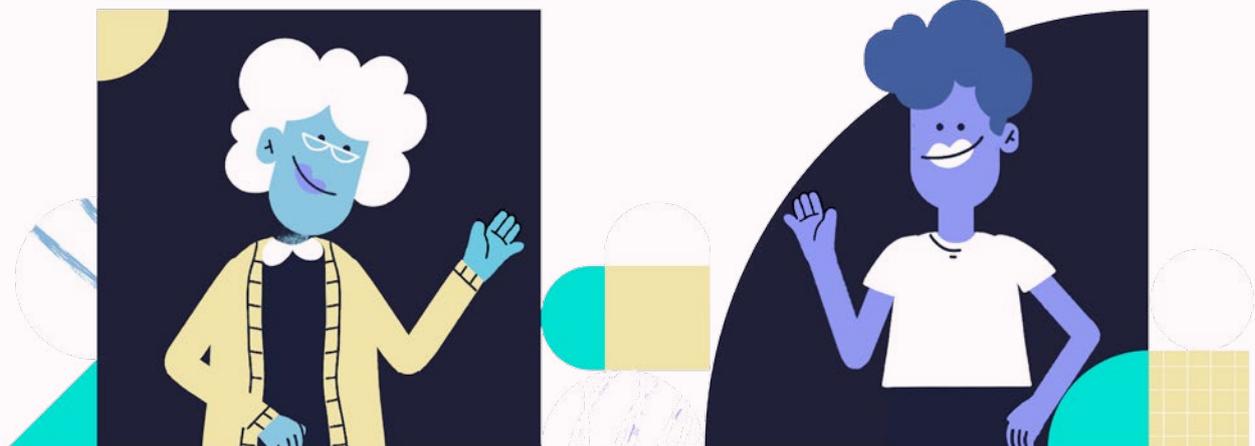
As well as being supportive of others, acts of kindness have many benefits for our mental health and wellbeing. Kindness can:

- Reduce stress.
- Improve our mood.
- Increase self-esteem.
- Create a sense of belonging.
- Reduce loneliness.



The Mental Health Foundation [found](#) that 63% of UK adults agree that when other people are kind it has a positive impact on their mental health, and the same proportion agree that being kind to others has a positive impact on their mental health.

**This guide provides tips and resources on how to support yourself, your colleagues, and your pupils to show kindness.**



# Supporting yourself and colleagues to show kindness

## 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.

#### [A guide on why kindness matters](#)

Read this guide on the positive effect that helping others can have on your own mental health, including some suggestions that will inspire you.

#### [Kindness matters to our mental health podcast](#)

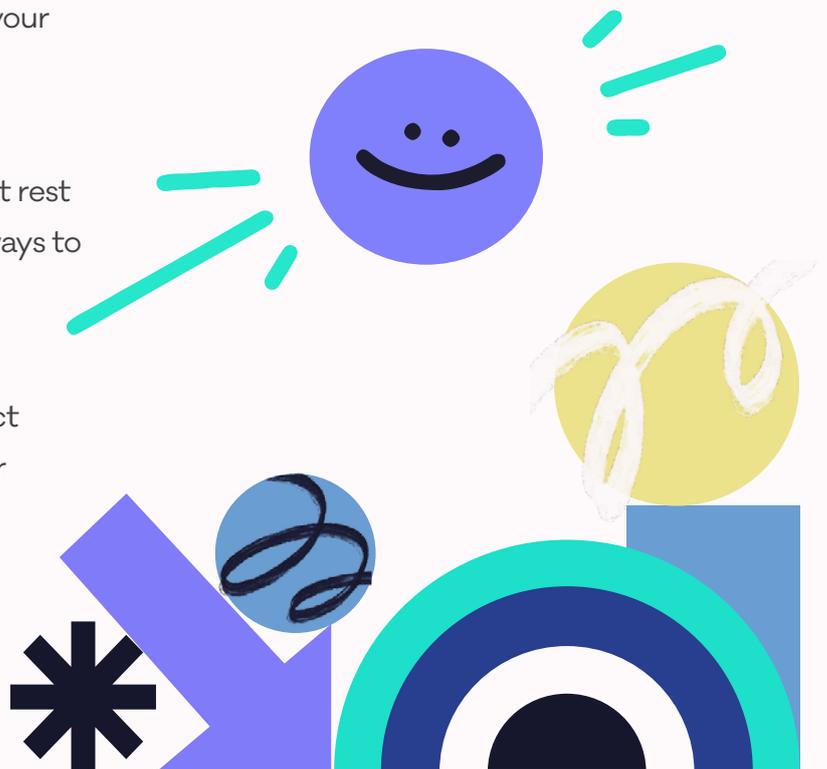
Listen to this podcast exploring why kindness matters and how it is linked with mental health.

#### [An article on the health benefits of altruism](#)

Read about the different health benefits of altruism.

#### [A personal story on the importance of kindness](#)

Read this personal story on the role kindness has played in their life.



## 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)

### [An article on teacher burnout and how to avoid it](#)

Read this article on burnout, and tips on how to recognise the signs and look after yourself.

### [The power of appreciation video](#)

Watch this video on why appreciation is important for mental health.

### [A guide on the building blocks of good mental wellbeing](#)

Read this guide on steps to creating healthy habits for your mental health and wellbeing.

## Other resources

### [TED talks on the importance of self-care](#)

Listen to these TED talks on looking after your physical, mental and social wellbeing.

### [A meditation to practise at your desk](#)

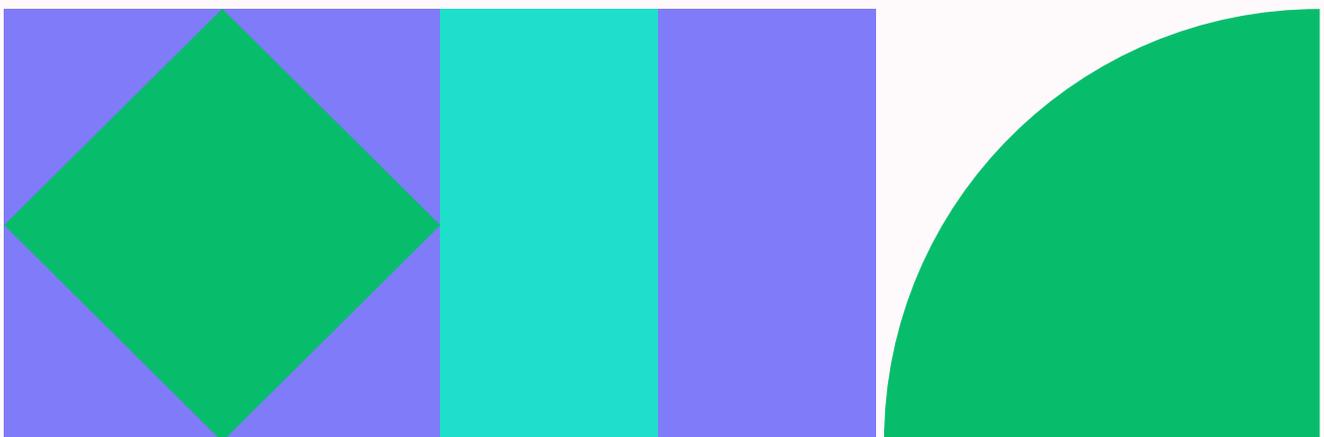
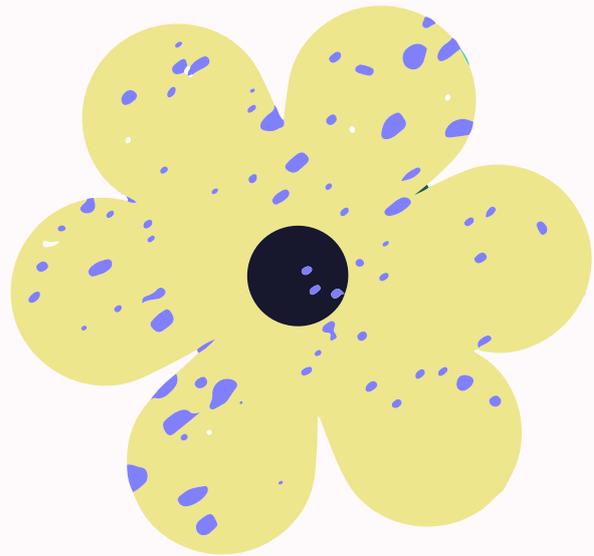
Try this simple guided practice to meditate in moments of the day you need to recharge.

### [Self-care guide for teachers](#)

Read this self-care guide for tips on looking after your mental health and wellbeing.

### [Teacher tips on practising self-care](#)

Watch this short film on ideas from teachers about ways to practice self-care.



# Support services for adults

## Samaritans

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

Call: **116 123** (free)

Email: [jo@samaritans.org](mailto: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](mailto: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 showing kindness

## Classroom-based activities

### [Showing kindness video](#)

Show this video to your pupils, explaining the importance of kindness and the benefits to ourselves and others.

### Showing kindness to ourselves

#### [Gratitude teaching resource pack](#)

The practice of gratitude is an important part of building resilience, increasing mindfulness, and helping to develop a growth mindset. Use these teaching resources to support daily gratitude practise, or as stand-alone activities.

### Showing kindness to others

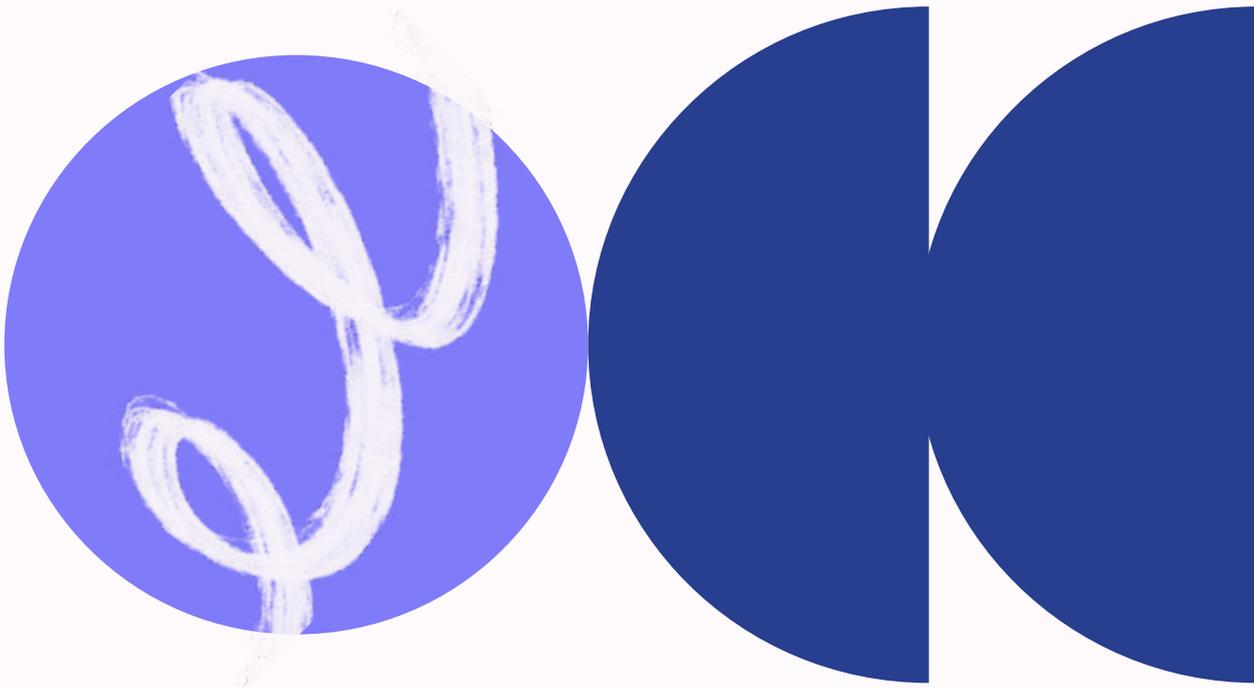
#### [Kindness activity pack](#)

Use this activity pack by the Red Cross to encourage pupils to do small acts of kindness each day to help their community, family, and themselves.

### Showing kindness as a school community

#### [Mini kindness awards](#)

Download these printable resources to recognise and reward acts of kindness in your school.



# Resources for young people

## [MHF Tips for Young People on Kindness](#)

Share these top tip postcards, written by the Mental Health Foundation, to support young people to show kindness towards themselves and others.

## [A blog on how acts of kindness can benefit you and others](#)

Share this blog, written by a young person, to inspire your pupils to show acts of kindness.

## [Random acts of kindness at school](#)

Share these acts of kindness examples with pupils to encourage them to show kindness at school.



# 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)

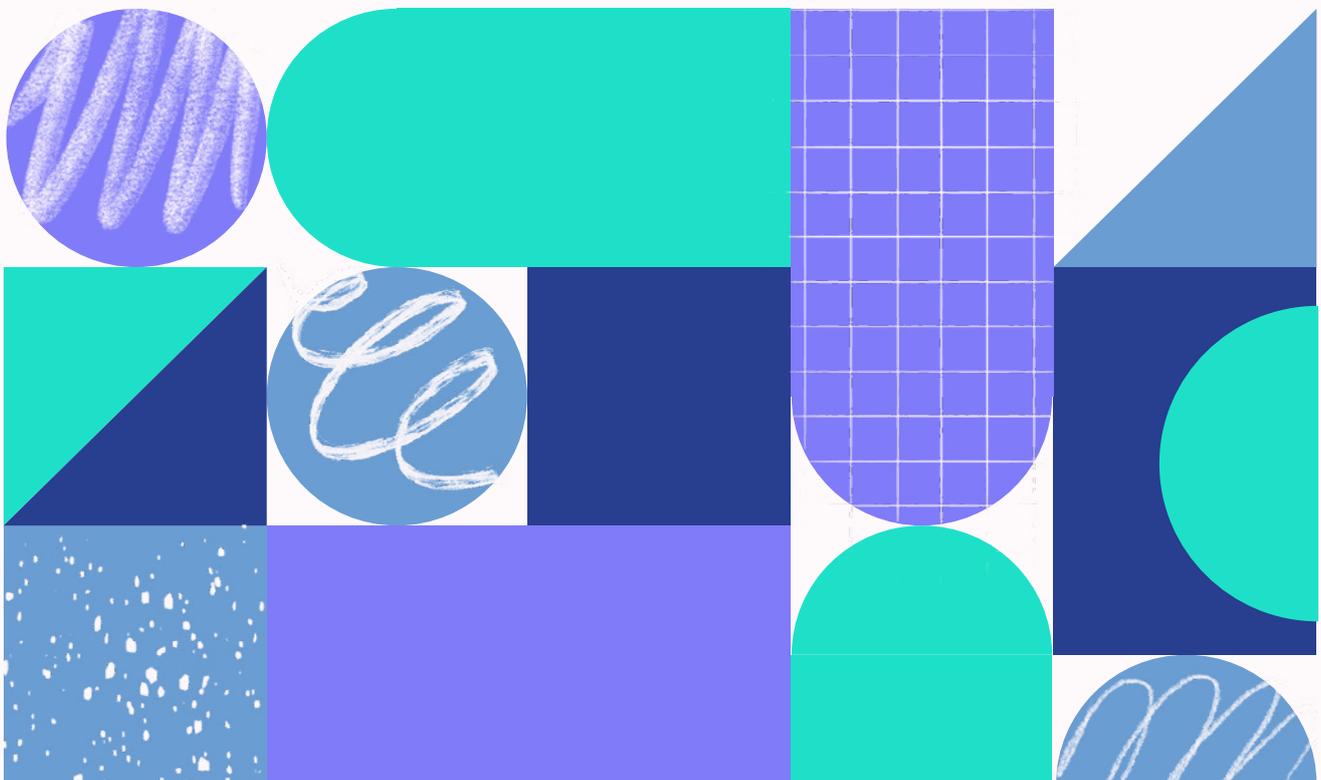
Telephone services available 24-hours a day, every day.

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](#)

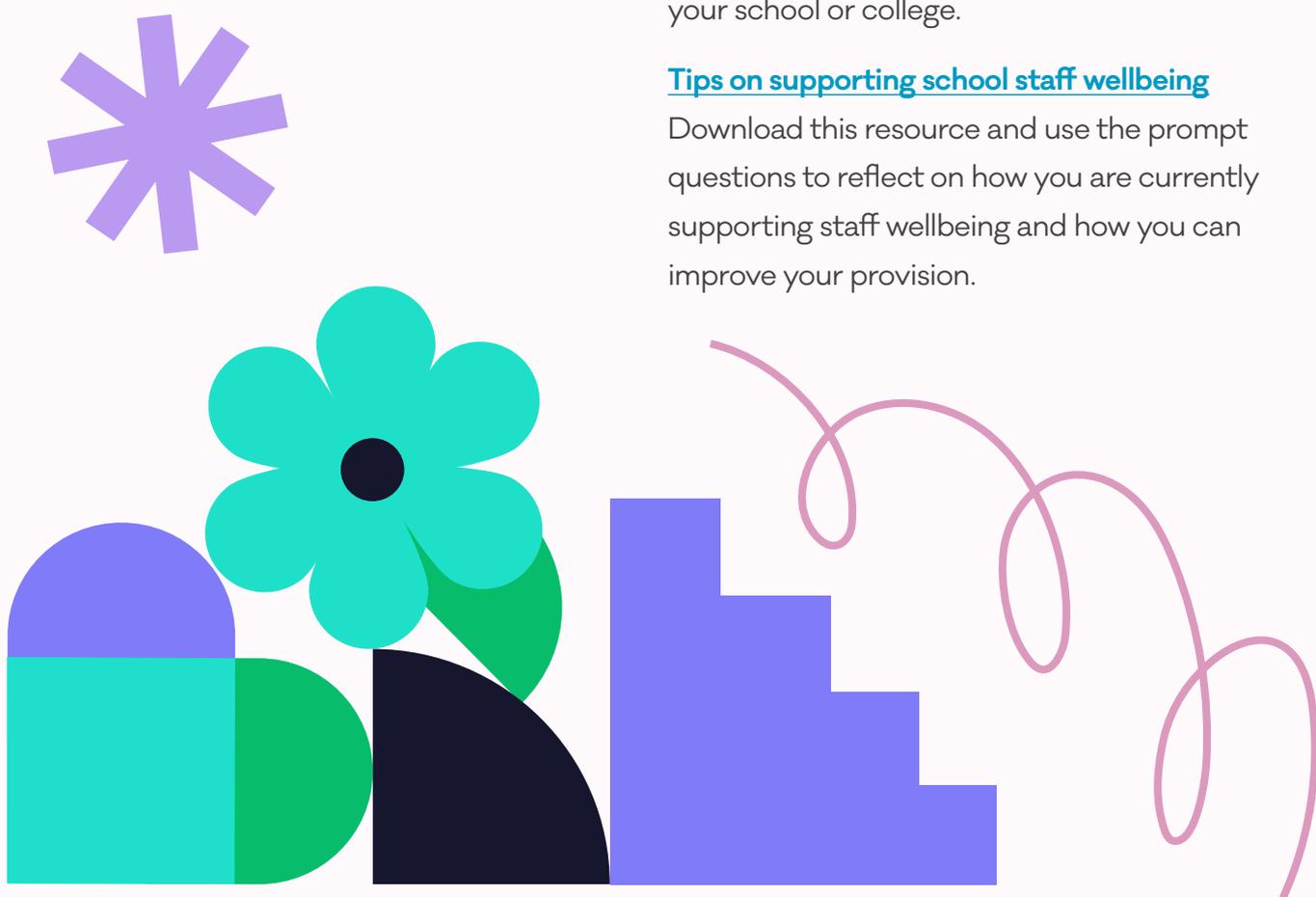
Sign up to this free CPD certified online course helping school staff recognise and respond to signs of poor mental health and support their own and other's emotional health, increasing mental wellbeing in schools.

### [A guide on the importance of kindness in schools](#)

Read these tips on cultivating kindness in your school or college.

### [Tips on supporting school staff wellbeing](#)

Download this resource and use the prompt questions to reflect on how you are currently supporting staff wellbeing and how you can improve your provision.



# 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.

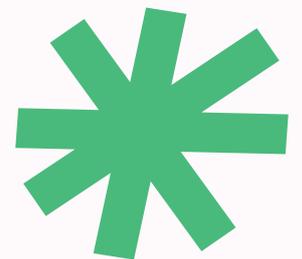
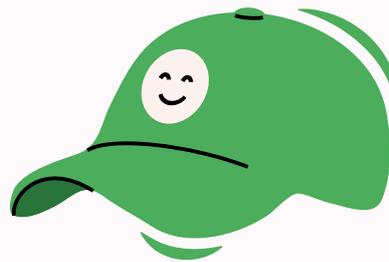
Download our [Wear it Green Day Fundraising Pack](#) and our [Wellbeing and Schools Fundraising Pack](#).

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](mailto: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](mailto: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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