SATIPS
Support
Education
Training



Quick Wins for Student Mental Health and Wellbeing

TARGET AUDIENCE:School leaders, teachers, pastoral teams, and anyone with responsibility for supporting student mental health and wellbeing

TUESDAY FEBRUARY 4TH 2025

4.30PM TO 6.00PM

Ensuring the mental health and wellbeing of students has become a priority for schools, especially in the face of increasing pressures on young people. While systemic change can take time, there are many quick, impactful actions that can immediately enhance student support.

This webinar will address important questions, such as:

- How can schools implement effective, short-term strategies to improve student wellbeing?
- What practical techniques can teachers and pastoral staff use to support struggling students?
- How can schools create an environment where mental health is openly discussed and supported?
- What are some quick ways to improve student resilience and emotional regulation?

Booking this course will enable staff to explore key topics, including:

- Identifying common mental health challenges among students.
- Implementing immediate strategies for improving student wellbeing.
- Creating a safe space for open communication around mental health.
- How to offer emotional support to students without overburdening staff.

INSET Outline

This practical and interactive session will focus on "quick wins" – immediately actionable strategies that schools can use to support student mental health. Participants will leave with a set of tools and interventions that can be implemented straight away, making a real difference in students' lives.

During the session, participants will explore:

- Recognising and responding to common mental health challenges in students.
- Quick, easy-to-implement interventions that boost wellbeing.
- Techniques for promoting emotional resilience in students.
- Practical ways to create a positive school culture around student wellbeing.

Practical Applications:

- "Actionable steps" – techniques for integrating mental health support into daily routines.
- Recognising early warning signs of student distress and how to address them.
- Systems and structures which can support young people and improve efficiency.
- Building quick, responsive support networks within the school.

Speaker: Adam Gillett

Adam Gillett is a passionate advocate for mental health and wellbeing in schools. With a deep background in education leadership, Adam has worked extensively with schools to develop strategies that support both students and staff. As a school leader, consultant, and author, Adam has led numerous initiatives to promote positive mental health in schools. He has received recognition for his work in staff and student wellbeing, including the Inspirational Teacher Award in 2024.
Adam's work combines a strong academic foundation with practical experience, helping schools implement immediate, effective changes. His sessions are known for being practical, evidence-based, and immediately applicable in school settings.



Details

This webinar will be hosted online through Zoom or Teams, and all participants will be provided with materials, including a PDF of the PowerPoint slides and additional resources.

Cost: (per delegate)

SATIPS MEMBER SCHOOLS EARLY BOOKING (PRIOR TO 25 JANUARY 2025)	£30
MEMBER SCHOOLS WHO BOOK 3 OR MORE DELEGATES PRIOR TO 25 JANUARY 2025 WILL BE CHARGED £25.00 PER DELEGATE	
SATIPS MEMBER SCHOOLS FOR BOOKINGS (FOR BOOKINGS BETWEEN 25 JANUARY AND 31 JANUARY 2025)	£40
NON-MEMBER SCHOOLS	£50

No bookings will be taken after 31 January 2025

CLICK HERE TO BOOK YOUR PLACE