



## About us

The National Network of Mental Health Leads exists to provide training, continuing professional development, networking and representation for leads in schools or colleges. Established by a consortium developed to deliver training for mental health leads, the Network is administered by The Root Of It and supported by the British Psychological Society, Society of Occupational Medicine and Open Awards. The consortium of training providers covers England and includes local authorities, mental health support teams, psychology services and other local training providers.

Benefits of accessing courses from the National Network of Mental Health Leads

- delivered by local or specialist trainers
- turn learning into impact in learner's setting
- one year's CPD included
- gain a qualification
- be a part of something bigger.

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# MH LEAD

## Advanced Designated Mental Health Lead Courses

from the National Network of Mental Health Leads

Supporting local delivery of courses to make a *real* difference to your staff and pupils



A pathway for Mental Health Leads to become  
an Advanced Mental Health Lead & gain a Level 4 qualification

### Supported by:



The British  
Psychological Society



## Course aims

To explore the topics relating to a Designated Mental Health Lead role in more depth and develop learner's skills, knowledge and understanding.

## Course contents

The course is for established Mental Health Leads and contains nine modules. Each module is followed by activities in a portfolio to help embed the learning in the leader's setting.

- Department for Education role requirements
- Internal and external stakeholders
- Support for mental health leads
- Culture and ethos
- Cultural factors affecting mental health
- Supporting cultural change
- Challenging bias, stigma or prejudice
- Supporters and blockers
- Values and attitudes
- Pupil voice in provision planning
- Pupil voice in provision implementation
- Peer-led mental health initiatives
- Coproduction
- Barriers to engagement with parents, carers and families
- Supporting wellbeing at home
- Supporting wellbeing in the local community
- Supporting staff wellbeing
- Coronavirus and mental health
- Stress and role risk assessments
- Staff training
- Identifying evidence-based resources and resource quality assessments
- Adverse childhood experiences
- Identification of difficulties
- Referral route for support
- Referral outcomes
- Whole-setting mental health provision
- Screening and tracking wellbeing and mental health difficulties
- Role of different mental health professionals
- Local services (statutory and independent)
- Common questionnaires used by mental health professionals
- Good practice for making referrals
- Relationships and Health Education/Relationships, Sex and Health Education curriculum



## Who is this course for?

This course is aimed at staff who have been appointed to the role of pupil mental health or wellbeing lead, or those who seek to be appointed to the role.

This course is also suitable for senior leaders who also have some oversight of staff wellbeing.

## Assessment and Qualification

Learners submit their completed portfolio and once it is marked, learners earn a certificate as an Advanced Mental Health Lead, and also a Level 4 Certificate in Mental Health Aware Leadership from Open Awards.

## Benefits of attending this course

- Improved knowledge
- Increased skills with dealing with resistance
- Improved skills with engaging with pupil voice, parents, carers, families and the community
- Assess resources and interventions for effectiveness
- Increased confidence to advise others
- Evidence of good practice
- Review mental health protocols
- More in-depth understanding of mental health professionals
- Accreditation

