

January 2019

Dear Colleague

**Whole School Approach to Support Mental Health & Wellbeing  
- Guidance for Schools**

It is well documented that a whole school approach is the most effective way to support children and young people's mental health and wellbeing. NHS Ayrshire & Arran have worked with partners to prepare the attached '***Whole school approach to support mental health & wellbeing- Guidance for schools***' document. The document outlines the eight principles involved in the whole school approach, and examples of current practice to help illustrate each principle. We know that many schools undertake a wide range of mental health and wellbeing activities and we hope that this Guidance will provide you with a self evaluation tool that will support you to map your current activities, identify areas for development and plan future mental health and wellbeing activities.

Also attached is a poster that you may wish to display in your staff room and around the school to promote the whole school approach to mental health and wellbeing.

If you would like further information please do not hesitate to get in touch.

Yours sincerely

**Brenda Knox  
Population Mental Health Lead  
NHS Ayrshire and Arran**