

Place2Be's Mental Health Champions Foundation teacher training

Digital toolkit



Overview

Teachers play a crucial role in helping to normalise difficult feelings and promoting positive ways to look after our mental health, as well spotting the signs when a child might be struggling and need professional help. There has never been a more important time for teachers to feel equipped and confident in their roles.

In August 2020, Place2Be launched the Mental Health Champions - Foundation Programme, a funded online training programme for schools on children's mental health. This 5-week online programme can enhance professionals' understanding of children's mental health, and introduces approaches that foster positive wellbeing in schools and communities.

So far, over 50,000 school staff have signed up. Register at place2be.org.uk/foundation.

We'd love your support to spread the word amongst your networks so we can reach and train as many teachers as possible.

Don't forget to tag us on social media

 @Place2Be

 @_Place2Be

 Place2Be

 Place2Be

Suggested copy for social media

Please note, these posts will work for any social media platform, but we have included the Twitter handles in our examples.

- Over 50,000 teachers and school staff have signed up for @Place2Be's free online #mentalhealth training. Join them and learn how you can support your pupils' mental health and #wellbeing. Sign up: <https://bit.ly/3yFTPGL>
- Children's mental health charity @Place2Be is offering free online mental health training for UK school staff - don't miss your chance to sign up! Join 1000s of others, and learn how you can support your pupils' mental health. Learn more, and sign up, at <https://bit.ly/3yFTPGL>
- Calling all UK schools! @Place2Be is offering free online children's mental health training for school staff. Sign up to enhance your understanding of mental health, and join the @Place2Be Staffroom gaining access to more resources and peer support: <https://bit.ly/3yFTPGL>
- Children's mental health charity @Place2Be is offering free online mental health training for UK school staff. This flexible 5-week programme can be broken down into 15 minute sections to fit around your day. Don't miss out, sign up today: <https://bit.ly/3yFTPGL>
- How can you support your pupils' mental health, and your own wellbeing? @Place2Be is offering free online #mentalhealth training for UK teachers and school staff. Learn more: <https://bit.ly/3yFTPGL>



[Download social assets \(including graphics and imagery\) here](#)

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Share on your website or in an e-newsletter:

Teachers play a crucial role in helping to normalise difficult feelings and promoting positive ways to look after our mental health, as well spotting the signs when a child might be struggling and need professional help. There has never been a more important time for teachers to feel equipped and confident in their roles.

Children's mental health charity Place2Be is offering free online mental health training for UK teachers and school staff. The Mental Health Champions - Foundation programme will build skills and capacity for supporting positive mental health in school communities.

Upon completion of the programme, you will also join our alumni community in the Place2Be Staffroom. Here you will have access to additional resources, join a network of mental health aware peers and help shape the support we can offer to schools.

Over 50,000 teachers and school staff have signed up so far - don't miss your chance! Learn more and sign up at place2be.org.uk/foundation.

Suggested copy for emails to teachers:

Dear <<First name>>,

Place2Be is offering free training on children and young people's mental health this school year which you or your colleagues might be interested in.

The Mental Health Champions - Foundation programme is designed to increase knowledge and support teachers to promote positive mental health in their school community at this challenging time.

- No fixed timings - you can access the programme via any device and work through it at a time to suit you
- You will have a dedicated Place2Be professional to join discussions and aid online learning
- 5-week programme with regular start dates for you to choose from
- Broken down into 15 minute sections to fit around your day (1-1.5 hours per week total)

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