

The Guide – A Mental Health Literacy Curriculum: Information for Parents and Carers

What is the Education for Wellbeing programme?

The Anna Freud National Centre for Children and Families (AFNCCF) is an evidence-based children's mental health charity with over 60 years' experience of caring for young minds.

The Centre has been commissioned by the Department for Education (DfE) to deliver an exciting new Education for Wellbeing programme. The Education for Wellbeing programme will implement and evaluate five different mental health and wellbeing interventions across selected mainstream schools in England. The results will be published in a report to the DfE, who will incorporate the findings into their decision-making about how to support children and young people's wellbeing. The interventions are not targeted at specific pupils but are designed to be delivered to whole classes.

Following an application from your child's school, your child's class will be taking part in the Education for Wellbeing programme. Your child's class has been randomly allocated to receive the Mental Health and High School Curriculum Guide (The Guide).

What is The Guide?

The Guide aims to enhance the mental health literacy of students whilst also helping them understand how to optimize and maintain good mental health, combat stigma, and enhance help-seeking behaviour for themselves and others. The intervention covers four mental health literacy components:

1. Understanding how to optimize and maintain good mental health
2. Understanding mental disorders and their treatments
3. Decreasing stigma
4. Enhancing help-seeking efficacy for self and/or others.

The Guide consists of six lessons that are taught as a block. Your child's class will receive lessons in The Guide curriculum during January to April 2020. All schools delivering The Guide curriculum will have been trained by experts from the AFNCCF and will have received a range of support materials to use in class.

Further information

There is an associated evaluation running alongside the delivery of The Guide in your school (see the website for further information: <https://www.annafreud.org/what-we-do/schools-in-mind/our-work-with-schools/education-for-wellbeing>). Please note that if you have opted your child out of the evaluation they will still have the opportunity to take part in The Guide lessons.

If you have any concerns or questions about the programme, please speak to your child's teacher or a member of the school's senior leadership team.