



Mental Health and Wellbeing in Education Settings

Access a programme of free NHS expert-led workshops to support the emotional wellbeing of students and staff

We have a package of support available to local schools, colleges and universities, to help students and staff to better manage their mental health. It's important to take care of our own mental health all the time and really invest in it, just like with our physical health. We recognise that mental health does not always stay the same, it can fluctuate as circumstances change.

Wellbeing support for students



It is normal to feel a bit worried about coursework or exams, especially if students are facing additional pressures. Study stress can cause students to feel anxious or depressed, and this might affect sleep or eating habits. Students are also experiencing uncertainty about their future, leading to constant levels of stress and worry. If students recognise any of these feelings, or are worried that the pressure is becoming overwhelming, there is support available.

Managing Study Stress

'Managing Study Stress' is a workshop for students, to support their wellbeing whilst they are preparing for their exams and/or completing coursework. It provides students with tools and strategies for managing stress during this challenging period. It is based on Cognitive Behavioural Therapy, an effective and evidence-based approach to managing thoughts, feelings and behaviours. The workshop also includes information about the free talking therapies offered by our NHS services for anyone interested in accessing additional support.

If you would like to book an in-person or virtual workshop for students, please complete and return the booking form to arrange a date and time that best suits your timetable: hpft.wellbeingworkshops@nhs.net

Please note that all attendees of our in-person and virtual workshops are required to complete a registration form including some brief questionnaires. Our team can discuss the best way to do this when you make contact with us.



Email to book:
hpft.wellbeingworkshops@nhs.net



Find our more on our website:
www.hpft-talkingtherapies.nhs.uk



Wellbeing support for staff

For staff working in education settings, it is important to take time out of the day to look after your own mental health. Our programme of support provides you with the space to learn tools and techniques to make positive change in your life.



How to sleep better

Sleep is increasingly recognised as a vital element of our wellbeing, and poor sleep can adversely affect all aspects of day to day functioning. This webinar provides an introduction to the topic of sleep difficulties including the importance of sleep for general wellbeing and the practical things we can do to improve our sleep.

How to cope with stress

Stress is not something which just happens to us. Stressful events may be beyond our control but the response we choose is not, and using the right tools and techniques can go a long way towards limiting our experience of stress. This webinar provides an introduction to the topic of stress including some theory, why it occurs and tips on how to manage stress levels.

Relaxation skills

Stress and anxiety are common features of life, keeping us all in an exhausting state of tension. An effective way to reduce this tension is through relaxation. This webinar provides an introduction to the topic of relaxation including practical exercises, guided by the facilitator, so participants can experience varying methods of relaxation.



If you would like to book a workshop specifically for your staff members, please complete and return the booking form.

Webinars

Our service also offers a programme of free NHS expert-led interactive live webinars designed to help individuals manage common mental health issues. A variety of topics and dates are available to suit the needs of students, staff and parents/carers: <https://www.hpft-talkingtherapies.nhs.uk/resources-and-self-help/webinars>



Email to book:
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Find our more on our website:
www.hpft-talkingtherapies.nhs.uk