

## SAMH'S VIEW:

# MENTAL HEALTH TRAINING FOR ALL SCHOOL STAFF

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### POLICY LEAD

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### ABOUT THE SAMH'S VIEW SERIES

SAMH's View statements set out SAMH's position on a particular policy topic. They are produced by the Public Affairs team.

## Context

Health and wellbeing is one of eight core areas in the Curriculum for Excellence.<sup>1</sup> The 2018-2019 Programme for Scotland committed to offering all local authorities training for teachers in mental health first aid by the end of academic year 2019-2020.<sup>2</sup> This will be done using a 'train the trainer model' to enable dissemination.

## Key points

- Education Scotland says everyone working with children and young people needs health and wellbeing training.<sup>3</sup>
- Young people say teachers are not always well equipped to talk about mental health.<sup>4</sup>
- The UK Government has pledged to roll out mental health training for all secondary school teachers in England.<sup>5</sup>
- The General Teaching Council for Scotland's Professional Standards for Registration say teachers must know how to promote and support the cognitive, emotional, social and physical wellbeing of all learners.<sup>6</sup>
- The Education Policy Institute has recommended that in England, schools should provide training in mental health to all school staff: for example, lunchtime supervisors who might oversee meal times for children with eating disorders.<sup>7</sup>
- A SAMH survey of 3,366 school staff found two-thirds of teachers felt they had not received sufficient training in mental health to allow them to do their jobs properly. Just under two-thirds said mental health had not been covered at all in their Initial Teacher Education.<sup>8</sup>

- The SAMH survey found that over two-thirds of non-teaching staff in schools had never completed any training in mental health.<sup>9</sup>
- Based on costs for existing mental health training, SAMH estimates that training all schools staff in mental health would require an initial investment of £4.4m.

#### SAMH calls for:

- The creation of a consistent national programme to train all school staff in mental health.
- Teachers to learn about protecting mental health and identifying problems both before and after they qualify as teachers.

#### Further detail:

##### OFFICIAL GUIDANCE

- Scottish Government, [Mental Health Strategy 2017-2027](#)
- Scottish Government, [The Mental Health of Children and Young People](#), 2005
- Scottish Government, [Delivering for Today, Investing for Tomorrow](#), 2018
- Education Scotland, [Curriculum for Excellence](#)
- General Teaching Council for Scotland, [Standards for Registration](#), 2012

##### SAMH RESEARCH

- [In Their Own Words: the mental health of children and young people in Scotland \(2016\)](#)
- [Going to Be... Well trained \(2018\)](#)

## Notes

- <sup>1</sup> Education Scotland, [Curriculum for Excellence](#), accessed July 2018
- <sup>2</sup> Scottish Government, [Delivering for Today, Investing for Tomorrow](#), September 2018
- <sup>3</sup> Education Scotland, [Health and Wellbeing: the responsibility of all](#), 2013
- <sup>4</sup> Scottish Youth Parliament, [Our Generation's Epidemic](#), 2016
- <sup>5</sup> [BBC report of speech by Theresa May](#), 2016
- <sup>6</sup> General Teaching Council for Scotland, [Standards for Registration](#), 2012
- <sup>7</sup> Education Policy Institute, [Time to Deliver](#), 2016
- <sup>8</sup> SAMH, [Going to Be... Well Trained](#), 2018
- <sup>9</sup> SAMH, [Going to Be... Well Trained](#), 2018