



GOING
TO BE

GOING TO BE... WELL-TRAINED:

**SAMH survey on school staff
training in mental health.**



66%

of teachers who responded to the survey do not feel they have received sufficient training in mental health to allow them to carry out their role properly.

SAMH's Going To Be campaign is drawing attention to the three children in every classroom who experience a mental health problem by the age of 16, but who too often struggle to get the help they need.


Improving the self-esteem, resilience and wellbeing of all our young people must be a priority.

We call on the Scottish Government to mark the Year of Young People by creating a programme to train all school staff in mental health.

In 2017 SAMH surveyed **over 3,000 school staff** in Scotland, including teachers, classroom assistants, janitorial, administrative and catering staff. This summary provides a snapshot of the findings. For the full report visit www.samh.org.uk/documents/welltrained.pdf

“Teacher training is not meeting this vital need of young people in any way, shape or form... It’s a perfect storm that young people have a right to feel let down by. I feel let down by it too.”

(Anonymous survey respondent)



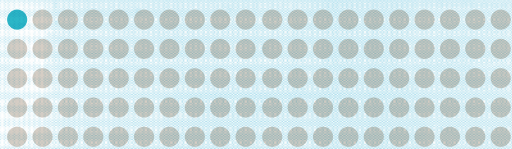
“I feel that we’re swimming against the tide as government focus on literacy, numeracy and attainment.”

(Anonymous survey respondent)

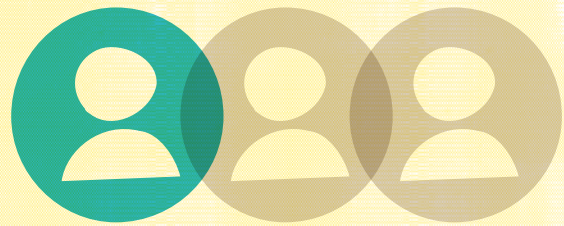
We want all school staff to feel confident and able to respond appropriately to a pupil raising concerns about their mental health.

We are mindful of the workload challenges facing educators across Scotland; this survey aims to support teachers and school staff to carry out their role.

Despite health and wellbeing being a core area of the Curriculum for Excellence alongside literacy and numeracy, commentary from school staff demonstrates that the focus is not equal. Yet unless young people are well, they can’t learn.



Only one in 100 respondents recalled doing detailed work on mental health when they were student teachers.



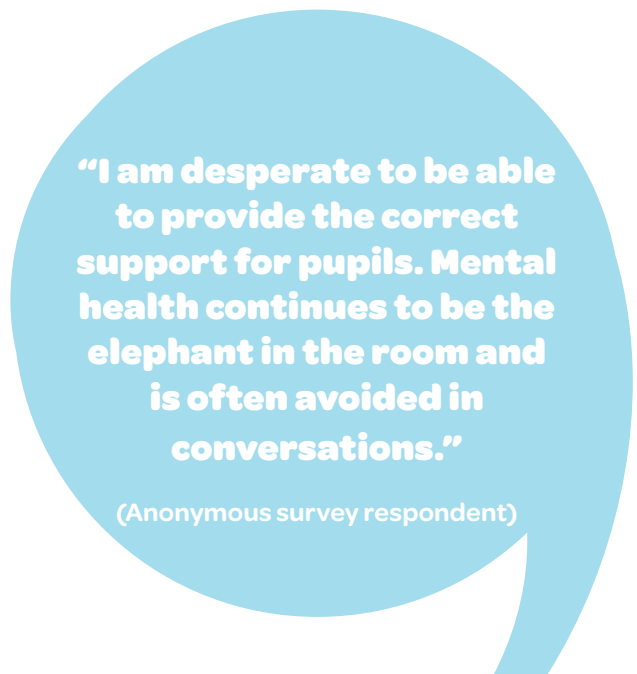
Only a third of respondents said their school had an effective way of responding to pupils experiencing mental health problems.

It’s got to change.

Join the movement at
www.samh.org.uk/goingtobe

www.samh.org.uk

SAMH is the Scottish Association for Mental Health. Scottish Charity No. SC008897.
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“I am desperate to be able to provide the correct support for pupils. Mental health continues to be the elephant in the room and is often avoided in conversations.”

(Anonymous survey respondent)