

Leading a Mentally Healthy School Resources for senior leaders

Reports and policy documents

[Access to children and young people's mental health services – 2018](#) Education Policy Institute Report DFE 2016

[Children and young people's mental health – the role of education](#), House of Commons Education and Health Committees report 2016-17

[Counselling in schools: a blueprint for the future](#) DFE 2016

[Future in mind: promoting, protecting and improving our children and young people's mental health and wellbeing](#) Department of Health 2015

[How does the UNITED KINGDOM compare on child well-being?](#) OECD 2017

[Mental health and behaviour in schools](#) DFE 2016

[Mental health and wellbeing provision in schools: review of published policies and information research report](#) DFE

[Special Educational Needs and Disability Code of Practice 0-25 years](#) DFE 2015

[Supporting pupils at schools with medical conditions](#) DFE 2015

[Transforming children and young people's mental health provision](#) DFE 2018

Research

Bergink, J. (2015). [Happiness: it's not just your genes, stupid!](#)

Csikszentmihalyi, M. (2016). [All About Flow & Positive Psychology](#)

Fredrickson, B.L., 2004. [The broaden-and-build theory of positive emotions](#). *Philosophical Transactions of the Royal Society B: Biological Sciences*, 359(1449), p.1367.

Keyes, C.L., 2005. [Mental illness and/or mental health? Investigating axioms of the complete state model of health](#). *Journal of consulting and clinical psychology*, 73(3), p.539.

Resources

[Association for Child and Adolescent Mental Health](#)

Anna Freud Centre - Youth Wellbeing: [Find a service tool](#)

Child Outcomes Research Consortium (CORC):

- [Children's Global Assessment Scale](#)
- [Measuring and monitoring children and young people's wellbeing: a toolkit for schools and colleges](#)
- [Measuring mental wellbeing to improve the lives of children and young people](#) online elearning module
- [Outcome and experience measures](#)
- [Wellbeing Measurement Framework](#) and [Survey](#)

DSM-5 [Diagnostic and Statistical Manual of Mental Disorders](#) [Wikipedia description](#)
DSM-5

Education Endowment Foundation [SPECTRUM database](#) of non-academic and essential skills

GL Assessment:

- [Happiness Line Measure](#) (paid)
- [Measures of children's mental health and psychological wellbeing](#)

[Happiness Line Measure](#) (free)

[ICD-11](#) for Mortality and Morbidity Statistics (ICD-11 MMS) 2018 version

[Measuring pupils' experience at school](#) (a Southwark tool)

[MindEd](#)

PSHE Association [Guidance on preparing to teach about mental health and emotional wellbeing](#)

Youth In Mind [Strengths and difficulties questionnaire](#)