

Mental Health Awareness Week toolkit

Secondary and FE

Mental Health Awareness Week takes place from 12–18 May 2025.

Organised by the Mental Health Foundation, this year's theme, 'Community', focuses on how connection and belonging support mental health and wellbeing.

A strong support network can make a real difference to how we feel. Whether at school, at home or in wider social circles, feeling part of a community can provide comfort, encouragement and a sense of purpose.

This toolkit brings together resources to help you explore these ideas with your students during Mental Health Awareness Week. It includes resources that encourage discussions about belonging and connection. These can support students to explore their feelings and develop positive relationships, helping them feel more connected to others.

You'll also find resources to support your own wellbeing, as well as ideas for promoting staff mental health and creating space for open conversations across your setting.

This month's featured resources

Resources for students

Finding our connections to feel less lonely –

Mental Health Foundation

A lesson plan, assembly plan, guidance and posters looking at what loneliness is and how it can affect our mental health.



[View resource](#)

DEAL: barriers to asking for help –

Samaritans

An activity getting students to recognise that there may be stigma and anxiety attached to asking for help, and how to overcome this.



[View resource](#)

Let's talk about anxiety: animation and teacher toolkit –

Anna Freud

A short animation and accompanying resources for teachers, exploring the topic of anxiety with secondary school students aged 11 to 13.



[View resource](#)

Wellbeing activities: being kind to yourself –

British Red Cross

A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.



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Anna Freud
Mentally Healthy Schools

Resources for staff

Managing teacher anxiety – *Anna Freud*

Tips for teachers on how to manage anxiety at work.



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Every Mind Matters self-care tool – *Public Health England*

An online tool and action plan that provides personalised, practical tips to support individuals to manage stress and look after their mental wellbeing.



[View resource](#)

Overview of ideas to enable student voice in schools and colleges – *Mentally Well Schools*

A list of ideas to enable pupil voice, so that every pupil's voice is heard, valued, and can influence decisions.



[View resource](#)

Mental wellbeing audio guides – NHS

A series of short audio guides which share professional advice for dealing with difficult feelings and improving your mental health and wellbeing.



[View resource](#)

How to talk about and support young people with their wellbeing – *The Children's Society*

A comprehensive, children and young person-led guide to supporting wellbeing and opening up about mental health.



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Overview of ideas to promote staff wellbeing – Mentally Well Schools

An overview of ideas to support and promote staff wellbeing in schools and colleges.



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