

'Children like it best when there is a **Whole School Approach** to mental health and wellbeing - where there is a culture of promoting and protecting everyone.

**Children said that they want their school to be a place of support**, where talking about mental health is normalised, and where the stigma around mental health is reduced. As one boy said:

We shouldn't just have assemblies on mental health because it's Mental Health Awareness Week. We should have them in general and all year round'.

- *Children's Commissioner (2022)*

[www.mindsahead.org.uk](http://www.mindsahead.org.uk)

*Minds Ahead programmes draw on the latest international evidence and engage critically with current policy and practice.*

**Minds  
Ahead**