

Mental Health

Are You Ticking The Right Boxes?

Includes White Paper implications session



amhie

Association of Mental Health in Education

SESSION DETAILS

Seminar

THE 8 PILLARS OF MENTAL HEALTH STRATEGY

In this session, Richard Daniel Curtis will introduce the 8 pillars of effective mental health strategy in education. This evidence-based approach has been developed over the last ten years to ensure that schools and colleges are able to put in place the mechanisms for supporting student and staff mental health needs.

Parallel Workshop

ARE YOU TICKING THE AVOIDANCE BOX? ~ STAFF MENTAL HEALTH IN RISK ASSESSMENTS

This practical workshop looks at universal Health and Safety risk assessments and demonstrates how staff mental health should be risk assessed. Reflects HSE employer requirements.

Parallel Workshop

"IT'S ALL TOO MUCH" ~ MAKING SURE YOU ARE RESPONDING TO STAFF STRESS CORRECTLY

Using a tool developed from HSE advice, this session gives leaders the skills to have 1:1 conversations about stress and assess what the employer can do to support the employee.

Seminar

ARE YOU TICKING THE INSPECTION BOX? ~ 7 OPPORTUNITIES FOR MENTAL HEALTH TO SHINE

Following the release of the updated OfSTED framework in 2025, Richard looks for 7 possible hidden gems for allowing your mental health strategy to shine through. You may be doing 1 or 2, but are you demonstrating all 7?

Seminar

WHAT THE WHITE PAPER MEANS TO MENTAL HEALTH STRATEGY

Monday 23rd February 2026 saw the release of the Government's White Paper "Every Child Achieving and Thriving", here national mental health strategy expert, Richard, talks through the implications.

GUEST SESSIONS

AT EACH OF OUR CONFERENCES WE INVITE LOCAL EXPERTS TO COME AND DELIVER 2 SEMINARS

We have not yet finalised these speakers for every event, we release this nearer the time but here are the details of the sessions we ran in Newcastle as an example. Both sessions were run by the Newcastle Educational Psychology Service.

SUPPORTING SCHOOLS IN NEWCASTLE TO SUPPORT THOSE AFFECTED BY EMOTIONALLY BASED SCHOOL NON-ATTENDANCE

This session will explore psychological frameworks underpinning the understanding of and support systems for children and young people experiencing emotionally based school non-attendance (EBSNA). We will share our experiences of introducing a psychologically-informed, authority-wide approach to support schools and services in Newcastle Upon Tyne, and consider next steps on this journey.

WHAT'S IN YOUR COPING CASE?

In this interactive workshop, we'll explore what resilience really means and how coping strategies can help us—and the young people we support—navigate adversity. Using the BASIC Ph Model, we'll look at six channels of coping: Belief, Affect, Social, Imagination, Cognition, and Physical/Physiological. You'll learn how to identify your own dominant coping styles, expand your coping repertoire, and discover practical ways to help young people access these channels in times of stress.

Want to ask us a question?

Contact our team on 02381 120010 or via email support@amhie.com