Best practices that can be adapted to use in VET

These are best practices in mental health inclusion that have been implemented into wider society (some with young people and some with adults) but contain elements that can be beneficial to VET. As education is not at the core of their practice, we have included sections on how these can be adapted to fit within VET.

i.   Youth program Teenshtein - Bulgaria

ii.   Improved mental health services - Bulgaria

iii.   PERMIND - Spain

iv.   MedianetFORM - Italy

v.   Integr@lavoro - Italy

vi.   Incorpora programme - Spain

vii.   Prelaboral Services: Solidarity furniture restoration experience – Spain

Best practices / resources that you can use immediately within VET

i.   Mental health resources for teachers – United Kingdom

Organisation	Time to Change
Location and timing of practice	These resources have been developed in the UK over the past three years (2017 onwards) and are regularly updated. The resources are available online and freely available to anyone who visits the website.
Title and link to resource	Mental health resources for teachers

Objective:

Time to Change, a national campaign for mental health led by leading mental health charities, aims to change how we think and act about mental health and to ensure that everyone with a mental health problem has equal opportunities in all areas of life. Their mental health resource pack for teachers provides resources to help schools start discussions and educate within

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assemblies and groups, support student mental health campaigns and encourage parents to talk about mental health at home.

Detailed content:

The resource pack divides its resources into 5 areas: Deliver a mental health assembly, Run a session with a small group, Support student campaigners, Download & print materials for your school and Get the message out to parents.

The assemblies are divided into 10 and 15 minute categories and include PowerPoint presentations and videos. These assemblies aim to educate young people and encourage discussion around mental health, show ways that you can support your own mental health as well as support friends who are struggling.

The small group sessions contain a series of interactive activities that will enable students to talk and think about mental health. They are all quite short, so can be completed as part of a wider lesson, and encourage students to think, learn and challenge their ideas around mental health so that they become more understanding and inclusive.

The supporting student campaigners section contains links to useful tools for starting a student campaign as well as advice on how to get other students involved and mental health promoting activities.

The downloadable and printable materials are all created to encourage discussion and reiterate messages from each of the assemblies to ensure that mental health remains a subject that students and teachers are aware of and talking about. These include email signatures, social media photos, screensavers and posters relating to main messages from assemblies.

The parents section includes a leaflet, letter and presentation that can be sent and shared with parents to explain the importance of talking about mental health at home. These resources include general information about mental health, tips for talking and links to where you can find more information.

Evaluation of results:

The assemblies and group sessions have been reported to be most useful among teachers and schools as they are ready to use and easily accessible, and teachers really like the accompanying videos.

Although it is hard to measure exactly how many schools have used this resource pack (as there are many), Time-to-change has contacts with around half of all secondary schools in England.

What makes it a good/best practice?

Time to Change is a well-known and growing social movement in the UK which aims to change how we all think and act about mental health problems. They are led by leading UK mental health charities, Mind and Rethink Mental Illness, and funded by multiple sources including the UK Government, and use research to develop their approaches and resources.

They have reached millions of people and begun to improve attitudes and behaviour – since the campaign began 10 years ago, yearly surveys (carried out by King's College London) of a nationally representative sample show that 5.4 million people have improved attitudes towards mental health. Resources are continually kept up to date, ensuring that correct and relevant information and resources are available to schools.

Other information	Website: https://www.time-to-change.org.uk/ Social media: - Facebook - Twitter - Instagram - YouTube These resources for teachers are published on their website and have been promoted through social media campaigns and sent out to their school mailing list. Available in English.
Contact	info@time-to-change.org.uk

ii. Schools mental health resource pack – United Kingdom

Organisation	High Speed Training HIGH SPEED™ TRAINING
Location and timing of practice	This resource was developed in the UK and published in July 2019. It is an online resource and freely available to anyone who visits the website.
Title and link to resource	School Mental Health Resource Pack

Objective:

This resource pack provides information and advice to school leaders on how to develop and implement a whole school approach to mental health inclusion and awareness. This spans from activities to promote positive mental health with students, to promoting staff wellbeing, to writing a school mental health policy (as well as providing an example of a policy)

Detailed content:

The School Mental Health resource pack is divided into three main sections.