

# Mental Health and Wellbeing Charter



As a Training Provider, we recognise we have a responsibility to create an environment that promotes student and staff wellbeing and that proactively supports student and staff mental health.

## This Charter encourages Training Providers to commit to:

- Ensuring that wellbeing and mental health work is led by a senior manager supported by a member of staff with particular responsibility for mental health.
- Having a wellbeing and mental health policy accompanied by a clear implementation action plan which is monitored regularly and reviewed annually.
- Creating an open and inclusive ethos which includes respect for those with mental ill health.
- Promoting equality of opportunity and challenging mental health stigma through curriculum teaching and also by promoting wellbeing through tutorial programmes.
- Encouraging and collecting learners' views on mental health and wellbeing.
- Providing appropriate mental health training for staff e.g. Mental Health First Aid Training.
- Ensuring a consistent and positive approach to staff wellbeing.
- Providing targeted individual mental health support where appropriate or alternatively signposting to external support services.
- Providing relevant information to learners, parents and carers.
- Establishing effective links with local health system and voluntary sector mental health providers.
- Promoting the benefit that physical activity and sport has on mental wellbeing.



In partnership with:

