

**SPRING CONFERENCE 2019**

## Promoting Mental Health & Wellbeing in Schools

**Conference notes:**

1. 300 people die by suicide each year in Wales, 150,000 have thoughts of suicide;
2. Across the UK, it is estimated that one in four children will show some evidence of mental ill health, and three children in an average size classroom will have a mental health problem;
3. Half of all mental health problems begin by the age of 14, and three-quarters by an individual’s mid-20s.

**Conference believes:**

1. In the parity of esteem between mental and physical health;
2. It is crucial to develop a whole-school approach to mental health, embedding well-being into the entire school ethos, the curriculum, and staff training and professional development.

**Conference welcomes:**

1. One of the ‘four purposes’ of the new curriculum is to support children and young people to become healthy and confident individuals;
2. The additional £7m recently announced by Kirsty Williams to improve child and adolescent mental health services (CAMHS) and to support the whole-school approach to improve mental health and wellbeing in schools.

**Conference calls for:**

1. A greater focus on mental health in the professional learning of teachers so they are enabled to better understand and support pupil mental health and well-being;
2. Increased investment and support to ensure every school in Wales have dedicated professionals available to provide on-site help and advice to teachers and pupils;
3. Mental health and wellbeing to be a fundamental part of the school curriculum;
4. All schools in Wales to have access to specialist Child and Adolescent Mental health services (CAMHS);
5. A wide range of tools to be made available to all schools to promote wellbeing, such as mindfulness and anti-bullying programmes.