

SCHOOLS NORTH EAST

Healthy MindEd

WEDNESDAY 1ST JULY 2020



**HEALTHY
MINDED**

The schools-led commission
into pupils' mental health



"EFFECTIVE WELL-BEING STRATEGIES FOR SCHOOL STAFF"

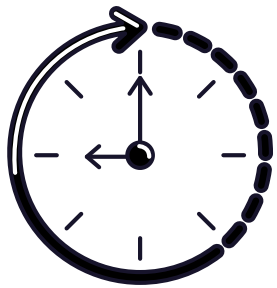
- INTRODUCTION
- WHAT DO WE MEAN BY EFFECTIVE WELL-BEING?
- WHY IS THIS EVEN MORE IMPORTANT NOW?
- TIPS & IDEAS



WHAT DO WE MEAN BY EFFECTIVE WELL-BEING?



EVIDENCE-BASED



LONG-TERM

