

Senior Mental Health Lead Refresher Training

15.01.26
9:00-4:00

Healthcare Academy, Cramlington Hospital

This one-day course provides a comprehensive introduction to the Senior Mental Health Lead (SMHL) role, exploring key responsibilities, practical strategies, and leadership approaches to create a whole-setting culture of mental health and wellbeing.

Course Aims

Understand your duties as a Senior Mental Health Lead

Explore models of mental health and wellbeing

Learn how to build a supportive ethos and culture

Develop leadership and stakeholder engagement skills

Strengthen staff and pupil wellbeing strategies

Improve your use of data and intervention tracking



Gain practical tools for implementation and impact monitoring



Who Should Attend?

Aspiring or newly appointed Senior Mental Health Leads
Pastoral leaders, SENDCos, senior leadership team members
Anyone supporting whole-school mental health strategy

Topics Covered

-  Mental health spectrum & risk and resilience factors
-  Creating a mentally healthy ethos & culture
-  Leadership, communication, and stakeholder engagement
-  Curriculum integration
-  Staff development, support, and self-care
-  Working with parents, carers, and the wider community
-  Peer-led initiatives and pupil participation
-  Early identification, targeted support and referral pathways

Sign up **HERE**

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