



**WE ARE COMMITTED TO**

**CHILDREN'S MENTAL HEALTH**

**#HEADUCATION2025**



**Headucationuk**  
**2025**



**We are a charity on a mission to ensure people have access to mental health resources when they need it.**

We are committed to educating individuals and organisations so they understand mental health and emotional wellbeing, and how to manage them effectively to lead successful, fulfilled lives.

75% of diagnosable mental health conditions are present before the age of eighteen, making children's mental health a vital component in improving our society's mental health in the future.

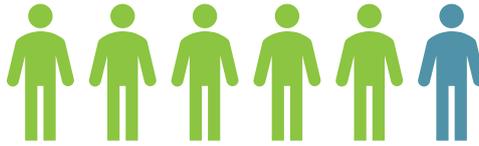
In 2017 we raised **103,000** signatures during our Headucation campaign for a parliamentary debate which led to **compulsory mental health education** in schools from the September 2020 school year.

Unfortunately, the task is not yet complete...

Following on from our 2017 Headucation campaign, we now focus our energy on improving children's mental health by ensuring their teachers are equipped to understand mental health and support their pupils more effectively to deal with it.

At present, teachers receive no mental health training, yet – aside from parents – these are the adults that children spend most of their time with during the day.





## 1 in 6 school-aged children has a mental health problem

Mental health is as important to a child's safety and wellbeing as their physical health. It can impact on all aspects of their life, including their educational attainment, relationships and physical wellbeing. It can be hard for adults to recognise when a child needs support with their mental health and it can be difficult for young people to speak out about the challenges that they are facing.

It is crucial that anyone who works with children can recognise the signs that a child may be struggling with their mental health and, more importantly, that they know how to take appropriate action.



*Over two-thirds of young people believe the pandemic will have a long-term negative effect on their mental health*



*Depression and anxiety are some of the leading causes of illness and disability among adolescents*



*Self-harm is more common among young people than any other age group*

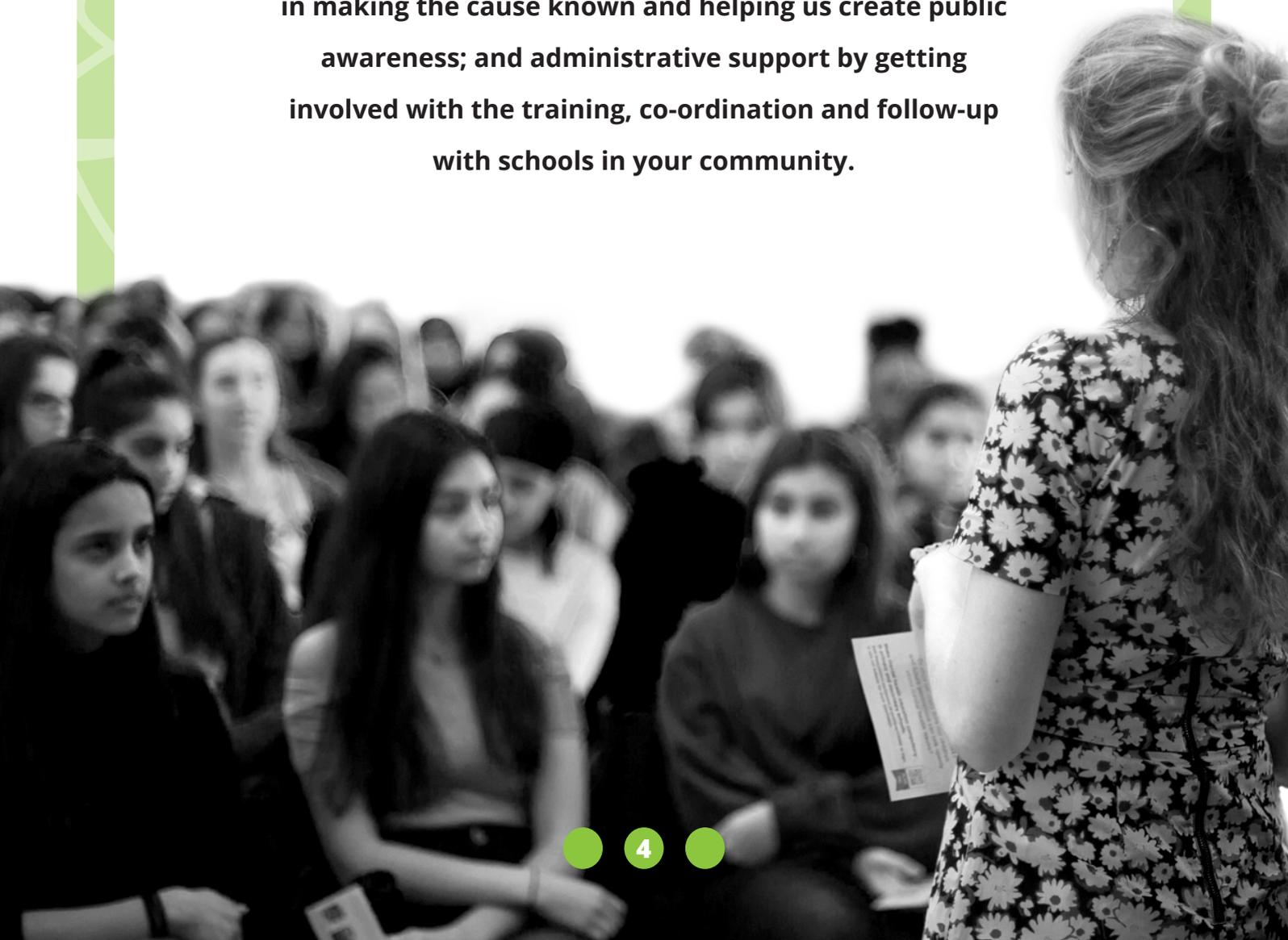


*Suicide is the third leading cause of death in 15-19-year-olds*

**Headucation 2025** aims to train 150,000 school teachers in the UK in the basics of mental health support. This means providing front line mental health support for nearly 2.5-million school children across the country EVERY YEAR.

For £100, we can equip a teacher to be a mental health first responder. To achieve our goal of training 150,000 teachers, we need to raise £15 million.

**We are calling for support to enable us to accomplish our mission: financial support so that we can provided fully-funded training to schools across the UK; support in making the cause known and helping us create public awareness; and administrative support by getting involved with the training, co-ordination and follow-up with schools in your community.**





Donations to Headucation 2025 can be made here:



or visit [shawmind.org/donate](https://shawmind.org/donate)

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