

Mental health support



At Pearson we are here to help you support your students and client's mental health, so they can continue to live fulfilling lives.

Find out about our resources and tips:

Mental health in schools

- ▶ **[Mental Health support in schools toolkit](#)**

Advice and practical support from SENCOs and psychologists on how to support mental health and the general wellbeing of your students

- ▶ **[Succeeding with SEND: Focus on supporting students during difficult times](#)**

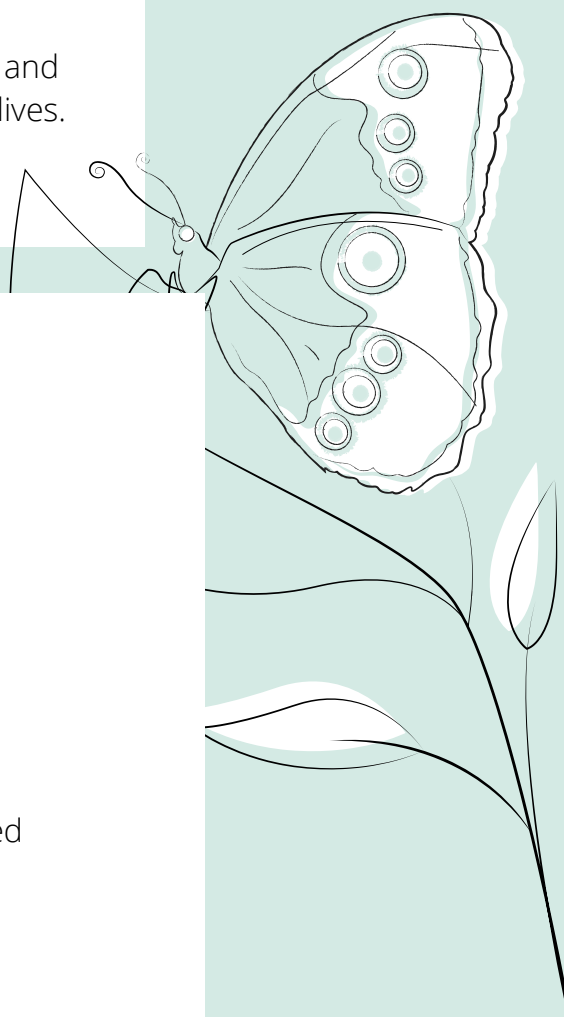
Insightful conversations between SEND students and experts, exploring their journey to diagnosis as well as the support they received to enable them to succeed throughout their education

- ▶ **[The Wellbeing Zone](#)**

Provides free resources suitable for all, from mindfulness practice to safeguarding, homeworking and fun activities to support wellbeing

- ▶ **[Return to school with Weaving Well-Being](#)**

Find activities designed to help your students to understand and strengthen their wellbeing so they feel good about themselves in mind and body.



Mental health for adults

- ▶ [**A Psychologist's perspective on Elderly care issues impacting the UK's ageing population video**](#)

Join Dr Reena Vohora for a conversation on how today's ageing population can continue to live healthy and fulfilling lives and how a holistic approach to care can support them to thrive

- ▶ [**Reflecting on the UK's ageing population: perspectives from...**](#)

Read our case studies by Occupational Therapists and Psychologists

Download our [**Mental Health Assessment brochure**](#)



Visit our [**Mental Health homepage**](#)