

Almost two-thirds of UK school leaders do not feel able to meet their staff's mental health needs

Embargoed until 25th April 2019

Starts

The team responsible for delivering a national programme for headteachers on leading mental health and wellbeing in schools have released details from their upcoming report '*Mental Health and Wellbeing in UK Schools Survey 2019*' released on 26th April.

This release relates to school leader's perceptions of meeting the mental health needs of their staff team.

The survey found that 65.9% of UK schools do not feel confident in meeting the mental health needs of their staff. They expressed concerns about the workload teachers are facing and the budgets to put provision in place to meet their needs.

75% of school leaders from Northern Ireland in the survey did not feel confident in meeting these needs, with 65.4% not feeling confident in England, 62.8% in Scotland and 61.8% in Wales.

Of primary school leaders in the survey, 67.6% reported they do not feel confident about meeting the mental health needs of staff and 71.7% of secondary schools.

One respondent commented "They face difficult issues every day and with shrinking budgets and more pressure it feels impossible to meet all of their needs."

Author, Richard Curtis from the National Leaders in Social, Emotional and Mental Health Programme, says "Heads today are being expected to care not only for the mental health of their pupils, but also their staff. This creates new and unexpected pressures on limited budgets within schools."

Another respondent said "More support needed for leaders in supporting staff members - which itself is stressful."

Richard continues, "Another knock-on impact of these changing demands in schools is the impact on the mental health and wellbeing of the headteacher and those in charge. Often they are in positions where they have no one internally to turn to. It is vital that they feel they have someone to turn to when they need it."

Ends

Note to editors

The Root Of It carried out an anonymous survey of school leaders across the UK and captured responses from approximately 1% of primary and secondary schools. 75.2% of the respondents were Headteachers, Principals, CEO and Deputies; 21.1% were middle leaders, such as PSHE Leads or SENDCOs. The acceptable confidence level has been set at 80% throughout this survey.

The team run the National Leaders in Social, Emotional and Mental Health Programme for headteachers, local authorities and senior education leaders.

The full report will be available on 26th April at <https://www.rootofit.com/semhw-survey>

For more details, please contact Richard Curtis on 07938 329314 or richard.curtis@rootofit.com.