

Social, emotional and mental wellbeing in primary and secondary education

Information for the public

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Supporting social, emotional and mental wellbeing

Schools and other education settings are places where children and young people should be supported to develop personally and learn social, emotional and mental skills in their lessons and in activities outside the classroom. When students feel happy, safe and secure in their life, they are less likely to have problems with their health and behaviour.

We want this guideline to make a difference to children and young people by making sure:

- schools and other education settings value social, emotional and mental wellbeing in all they do
- students who may have problems with family or friends, or are finding it hard to cope with their feelings, are identified and offered help if needed
- any support suits each child or young person's background and needs, such as their culture and how they communicate
- students are given help to cope with important changes happening in their lives, such as moving school or having an illness
- parents, carers and students are involved in discussions about how to improve wellbeing in the school.

Where can I find out more?

The [NHS website](#) has more information about mental wellbeing.

The organisations below can give you more advice and support:

- [Challenging Behaviour Foundation](#), 01634 838 739, the Challenging Behaviour Foundation provides information and support to families and professionals supporting individuals with severe learning disabilities whose behaviour challenges
- [Childline](#), 0800 1111, Childline is a free and confidential service for children and young people under the age of 19
- [Stonewall](#), 0800 050 2020
- [YoungMinds](#), 020 7089 5050

To share an experience of care you have received, contact your local [Healthwatch](#).

NICE is not responsible for the content of these websites.

We wrote this guideline with people who have been affected by poor social, emotional and mental wellbeing and staff who treat and support them. All the decisions are based on the best research available.

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