

# New animation for school staff to support pupils' mental health

20th January 2020 By: **Michelle Cunliffe**

The Anna Freud Centre is calling on all schools and colleges to use the new **CARE animation** on a staff training day, in a staff briefing or team meeting, and to send the animation and accompanying guidance notes out as a staff bulletin.

The Anna Freud Centre's animation offers a simple principle for school staff to remember when talking to a young person facing mental health issues; **CARE**: (Be) Curious; (Be) Approachable; **R**efer (when you need to); and (Show) **E**mpathy.



This animation can be used by anyone, no matter their role, in a school or college setting to support pupils' mental health. The animation is accompanied by **[guidance notes and a poster](#)**.

**Jaime Smith, Director of the Mental Health and Wellbeing in Schools Programme at the Anna Freud Centre, says:** “Just like physical health, we all have mental health. So no young person struggling with their mental health should feel alone. Mental health is everyone's responsibility and an important part of a school or college's commitment to safeguarding.

**<https://www.annafreud.org/insights/news/2020/01/new-animation-for-school-staff-to-support-pupils-mental-health/>**