

Senior Mental Health Lead in International Settings

Learn how to lead mental health and wellbeing initiatives in your educational setting



About the course

Led by an experienced DSL in a leading international school, BSME delegates will have the opportunity to attend this 20-hour course which provides them with fundamental knowledge in leading any school's mental health and wellbeing section.

Broken into 8 modules of 2.5 hours, this course invites 15 delegates from the international sector to explore what a strong mental health and wellbeing program looks like in a school.

Outside of the curriculum, this course is also a fantastic opportunity to network and share good practice.

'Thank you, Hayley, for all the ideas and space to share. I have pages of notes and even more things that I need to read. Such a valuable course.'

Phil Osborne, Head of Staff Wellbeing, Wellington College Shanghai

'Thank you, Hayley. A really thought-provoking 8 weeks and a great chance to connect with a community of educators dedicated to putting wellbeing first.'

Kathryn King, Senior Assistant Principal, GEMS Founders Al Barsha

'Thank you, Hayley, for leading us in creating a safe and challenging learning environment where we could enrich ourselves through meaningful collaboration and acquire significant knowledge to serve our communities better.'

Agustin Onsari, Deputy Head Pastoral, Saint George's College (Argentina)



For further information or to book, please contact Mind Your Health at:

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mind your health

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This course results in an international qualification!

Content and delivery are the two main focuses on any Mind Your Health provision – needless to say that the Senior Mental Health Lead in International Settings ticks both of these boxes.

However, what we are particularly proud of is that each delegate will leave with an international qualification.

All that is required is full attendance and of course participation – no assessment is required at the end of the 20-hour course to receive your qualification.

Please note that the Zoom calls cannot be recorded.

Please note that dates

Dates and timings

13th September

20th September

27th September

4th October

11th October

1st November

8th November

15th November

9:30 am – 12:00 pm UK

Module examples

- ⚙️ Enabling student voice
- ⚙️ Working with parents and carers
- ⚙️ Staff development
- ⚙️ Targeted support and appropriate referral
- ⚙️ Identifying needs of students and tracking support
- ⚙️ Curriculum teaching and support to build resilience
- ⚙️ Ethos and environment that promotes respect and values diversity
- ⚙️ Leadership that champions mental health

Course style

- ✓ Run by instructor with a Master in Mental Health in Education
- ✓ Evidence-based
- ✓ Interactive
- ✓ Factual
- ✓ Theory and practical skills
- ✓ International qualification

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