



Anna Freud
building the mental
wellbeing of the
next generation

Bespoke mental health training

Develop the skills to support children and young people's mental health and wellbeing in your school or college.



Who we are

We are a mental health charity working with schools, colleges and education professionals to implement a whole-school or college approach to mental health.

Since our founding over 70 years ago, we've been working to ensure every child and young person can access the right support at the right time – bringing together research, clinical and educational expertise. This means not only providing support when there's a problem, but uniting schools, communities, families and young people themselves in proactively building good mental health.

We believe mental wellbeing is the foundation from which young people achieve their potential. When they feel safe and supported, they're more likely to engage positively in education, develop confidence and expand their horizons.

Schools and colleges have a pivotal role to play in this. Through evidence-based training, quality-assured resources and practical guidance, we're at the side of education professionals as they help their students navigate challenges, build resilience and thrive – emotionally and academically.

How we can help you

Mental health training

Delivering a bespoke programme to help your staff understand students' needs and support them effectively.



Wellbeing reviews

Assessing your wellbeing approach to find out what's going well, where the gaps are and how to improve.



Consultancy

Providing expert advice and guidance to help you develop and embed a whole school, college, trust or area approach.



"The trainers were complete experts and I felt they were totally passionate about this work. I was inspired to go back and get stuff done!"

- attendee, School Attendance and Mental Wellbeing



Why train with us?

Your setting is unique – and so are the challenges your students and staff are facing. Our bespoke training builds your staff's skills to manage these specific challenges.

This helps you create a culture and environment that nurtures wellbeing. Making students feel supported and cared for can have positive effects on attendance, behaviour and attainment.

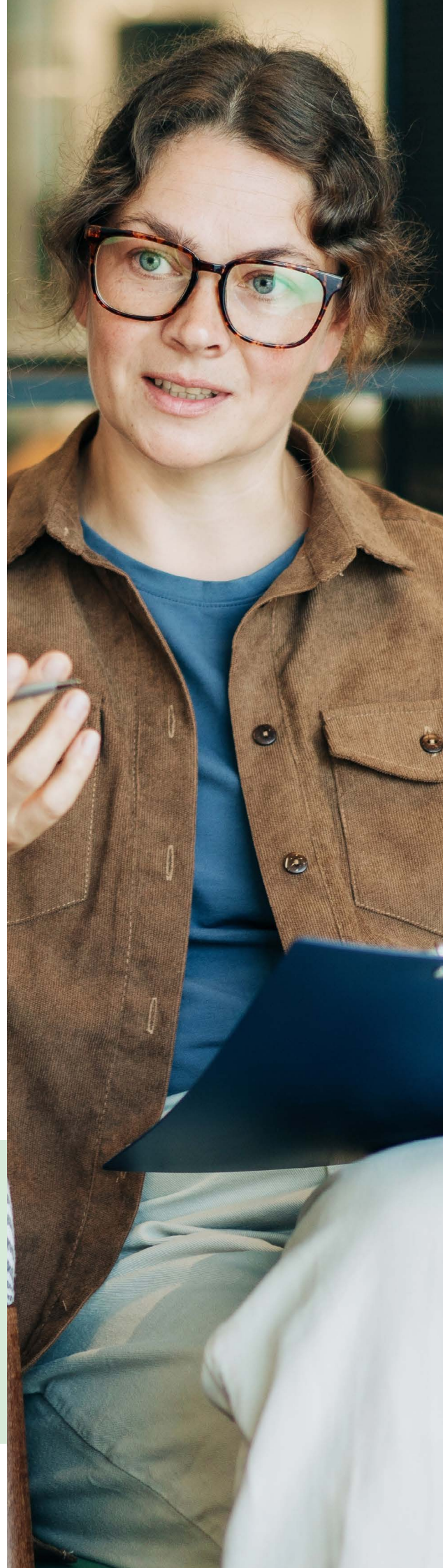
Following delivery of training, we help you to embed learning across your setting with practical resources and follow-up support.

All our training is:

- evidence-based
- informed by lived experience
- delivered by trainers with clinical and educational expertise
- tailored to your needs.

Bespoke training supports you on your journey to embedding mental wellbeing at the heart of your school or college community. We're with you every step of the way.

We've trained over
3,000 Senior Mental
Health Leads across
99% of English local
authorities.



Training for schools and colleges

Our evidence-based training brings lived experience together with leading science to give you and your teams the knowledge, skills and confidence to support student wellbeing.

With courses for a range of settings and options including longer programmes, short courses, online and in person sessions, you'll find the mental health training that's right for you.

Our trainers have expertise in a range of topics, including:

- developing and embedding a whole-school approach to wellbeing
- supporting students with common wellbeing issues like anxiety and low mood
- digital resilience and coping with the online world
- self-harm prevention
- supporting autistic students
- understanding and addressing barriers to attendance
- supporting staff wellbeing.

Supporting your needs

Our team includes experienced teachers, senior leaders and clinicians, as well as specialists in safeguarding and child protection, child and adolescent development, online safety, bereavement, and staff wellbeing.

Whatever your needs are, we have an expert to support you.

93.8% of delegates agreed their course content was engaging

- training commissioned by the Government of Jersey



Wellbeing reviews

Our review helps you understand what's working well, where the gaps are, and how to develop your wellbeing approach. Reviews can be conducted across one school or across a group of schools, such as in a trust.

With actionable recommendations to take away, we'll help you deliver change efficiently and effectively, and improve mental health outcomes for your students.

We'll look at:

- staff training and understanding of mental health
- current perceptions of mental health among staff and students
- awareness of available support services
- effectiveness of referral systems
- early warning sign detection and appropriate referrals
- existing mental health policies and procedures risk management practices
- consistency across the school, or across schools in a trust.

After the review, we'll provide a comprehensive report identifying gaps and actions to improve your mental health and wellbeing approach and support provision. If training is needed, we can tailor a programme to fill specific gaps in your setting's knowledge.



"It gave us a real focus point and areas to add to our School Improvement Plan as well as the Self-Evaluation Plan"



Consultancy

Need help planning and delivering your wellbeing provision? We offer advice and consultancy to help you support your school or college's needs. This could be, for example, support in developing and embedding a whole-setting approach to mental health and wellbeing.

You'll get a consultation with one of our trainers, who'll use their extensive experience of mental health and education to identify areas for development. We'll follow up in two-to-three months to review progress and explore how we can support you to meet your setting's needs.

How does commissioning bespoke training work?

Once you've got in touch, our team of education and mental health experts will work with you to design and deliver a course that suits your team's needs, timeframe and delivery mode.

Here's what happens after you enquire:

Our team receives your enquiry and gets in touch to understand your requirements

We send you a proposal for a bespoke commission

Once the proposal is agreed, we meet to discuss logistics and course content

Course content is shared with you for approval

Training is delivered to your staff

They apply their new skills to support students' wellbeing, helping students feel safe and improving attainment, attendance and behaviour

Cost and availability

Investing in staff development can prevent mental health problems from escalating, reducing the need for more expensive interventions in the longer term. Similarly, commissioned training specifically addresses your needs, making it more cost-effective than public training programmes.

Get in touch to tell us more about what you're looking for, and we'll assess your requirements and get back to you with a quote.

We've worked with a range of budgets and can work with you to develop a programme that suits your needs, whatever your budget.

We'll assess your request, find the most suitable tutor for you, and work together to coordinate availability.



"The trainers were relatable, open, positive and knowledgeable"
- commissioned training delegate




Start your bespoke commission today

For more information or to book your course, get in touch with the team at school.training@annafreud.org

To enquire about commissioning bespoke training, fill in our [commissioner enquiry form](#) and our team will get in touch to find out more.





“Anna Freud delivered a great training session to our organisation, supporting school leaders with strategies to use in schools. We met with colleagues from Anna Freud before the training session to ensure it met our needs. We were able to share an easy-to-use booking form with schools for them to sign up to the session where clear resources were shared in the online training session.”

Commissioned School Attendance and Mental Wellbeing training, March 2025

“This was hands down the best training I have ever attended. I liked the wealth of materials offered; the presentation and delivery of the training and the fact that the training is evidence based. I liked the process, thought and reflection given to the topic.”

Attendance and Wellbeing training delegate, Autumn 2024



Anna Freud is a charity registered in England and Wales (1077106). Registered address: Anna Freud, 4-8 Rodney Street, London N1 9JH. Company number 3819888.



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