

TRUSTED BY EDUCATION AND COMMUNITY ORGANISATIONS

"The children [at StJohn's Catholic School], in their feedback, said that the training activities were fun and that it helped them to understand mental health and would enable them to support others."

**PERSONAL DEVELOPMENT ADVISOR
WILTSHIRE COUNCIL**

"The training gave us the time and space to really consider the whole child. It confirmed that looking at a child's context is key to understanding them."

**TEACHER
FRESHFORD PRIMARY SCHOOL**

OUR MISSION

At the Charlie Waller Trust we put young people at the heart of what we do: helping them achieve and sustain better mental health. We do this by equipping those closest to young people - families, friends, educators, communities and employers - with strategies and support based on the best available evidence.



Whether you are starting from scratch or building on what's already there, we'll work with you. Get in touch to explore how this support could work in your college or academy.

Email us for more details about next steps.

GET IN TOUCH



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FULLY FUNDED BY:



**A WHOLE COLLEGE APPROACH
IN PARTNERSHIP WITH
THE CHARLIE WALLER TRUST**



Tailored support based on the best available evidence to help your college build a positive culture of mental health and wellbeing across the whole community.

CREATING LASTING CHANGE

Building a positive culture of mental health and wellbeing isn't something that happens through a single training day. It takes time, consistency, and collaboration across every layer of your college as well as tailored support from experts.

WHAT WE OFFER AT NO COST TO YOU

- Six days of dedicated support across a year, delivered by an experienced mental health trainer who works with you every step of the way.
- One follow-up day every year, in subsequent years supporting continuity and sustainability of change.
- Training, tools and practical resources tailored to your organisation's size and priorities.
- Guidance and support with the development and implementation of mental health and wellbeing policies.
- Sessions for whoever needs them – leadership, teaching and pastoral staff, parents and carers, and students.
- Collaboration with your local Mental Health Support Team if applicable.



WHAT WE FOCUS ON TOGETHER

Your named specialist will identify, with you, the work that matters most.

Typically, this includes:

- Evidence-based training and practical tools and resources.
- Support to measure progress and demonstrate impact.
- Tailored sessions for staff, leadership, students, and families.
- Flexible delivery based on your needs.

We tailor our support to your unique setting and help you build on your strengths. Using your own data, and feedback from your college community, we work with you to create positive, lasting change.

WHY THIS APPROACH WORKS

The evidence shows that sustainable improvement in college mental health comes from action at every level of an organisation – leadership, staff, students and families all moving in the same direction – and this takes time.

Colleges that adopt a whole organisation approach to mental health and wellbeing see:

- A shared culture of openness that reduces stigma and builds confidence.
- Stronger staff wellbeing and better retention.
- Greater students resilience, engagement and achievement.
- Clear evidence of progress that supports your setting in line with Ofsted expectations.

