

# Wellbeing and mental health at school

*EC guidelines for education policymakers*

## Description

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The European Commission has developed concrete, hands-on guidelines for education policymakers to address wellbeing and mental health at school, emphasising the importance of a whole-system, whole-school approach (WSA) to wellbeing and mental health. The guidelines consist of 11 recommendations, including establishing a positive school climate, integrating social and emotional education into the curriculum, fostering collaborative partnerships, and promoting wellbeing in the digital age.


## Countries

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 EU level

## Downloads

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 Wellbeing and mental health at school - Guidelines for education policymakers

EN

## Related intervention approaches

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**Digital inclusion and well-being**

## Related protective factors

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## **Health and well-being**

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