

Wellbeing and mental health at school

EC guidelines for school leaders, teachers, and educators

Description

The European Commission has developed guidelines for school leaders, teachers, and educators to address wellbeing at school, which are based on a whole-school approach. This approach is comprehensive and integrated, focusing on prevention, building competencies, and safeguarding key enablers of wellbeing. The guidelines cover various aspects, including establishing a positive school climate, integrating social and emotional education into the curriculum, and fostering collaborative partnerships among schools, communities, and stakeholders. The school leaders should ensure the creation of safe schools, promoting wellbeing in the digital age, and upholding fundamental rights by safeguarding core enablers of wellbeing. Additionally, the guidelines highlight the need for providing continuous professional development and support to educators on wellbeing, prioritising equity, inclusion, and diversity, and guaranteeing access to support services for learners with mental health challenges.

Countries

 EU level

Downloads



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EN

Related intervention approaches



Digital inclusion and well-being



Professional development for inclusive teaching and

Related protective factors



Health and well-being

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