

# A systemic, whole-school approach to mental health and well-being in schools in the EU

*Overview report*

## Description

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This report reviews international evidence on promoting mental health and well-being and preventing bullying in schools, with the aim of supporting safer, more inclusive learning environments across Europe. Based primarily on secondary research, it develops a systemic whole-school framework that brings together classroom, school-wide and intersectoral actions, while highlighting the importance of participation, inclusion and sustainability.

The findings show that whole-school approaches are more effective than isolated interventions in improving a wide range of mental health, social, emotional and educational outcomes. The report concludes with policy recommendations for embedding mental health and well-being more firmly in education systems, including through curriculum development, teacher education, intersectoral cooperation and stronger evidence-based practice.

## Countries

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 EU level

## Downloads

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EN

## Related intervention approaches

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**Community involvement**



**Digital inclusion and well-**

**being**



**Psychosocial support**

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