



# 13 WAYS TO FUND

# MENTAL HEALTH PROGRAMMES IN YOUR SCHOOL



As an educator, you understand that **children's mental and emotional well-being** plays a pivotal role in shaping their future, laying the groundwork for resilience and overall health as adults.

## **BUT...**

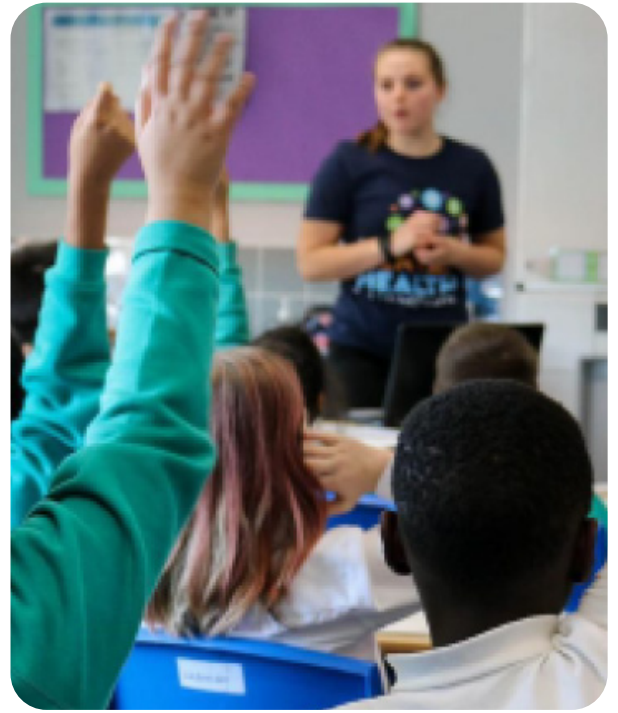
Funding can be a roadblock to overcome when it comes to implementing these essential mental health programmes in schools.

Despite the undeniable importance of supporting our pupils' mental well-being, many schools grapple with securing the necessary resources.

**WE OFFER A SOLUTION TO THAT PRESSING PROBLEM.**

And here's the thing...

This guide is far from generic; it's a blend of our diligent research and the feedback from **hundreds of schools** we've worked with over the years.



### **Our aim is straightforward:**

To provide you with practical, workable ideas for funding the mental health programmes in your school, ensuring every pupil receives the support they so crucially need.



## **Making Mental Health A Priority In Your School**

When it comes to the school environment, mental health isn't just a buzzword—it's a significant pillar that holds the potential to shape the daily experiences and long-term outcomes for both pupils and staff.

### **Good mental health means:**

- ✓ Happier pupils lead to a thriving school community.
- ✓ Better mental health support can boost grades and engagement.
- ✓ A supportive atmosphere cultivates respect and understanding.
- ✓ When staff have good mental health, everyone benefits.
- ✓ Open conversations around mental health can break down barriers of misunderstanding.

# 13 WAYS TO FUND MENTAL HEALTH PROGRAMMES IN YOUR SCHOOL



**The Main School Budget**



**Pupil Premium Grant**



**Sports Premium Grant**



**PSHE and Mental Health Budget**



**Parent and Teachers Association**



**Contributions from Parents**



**School Fundraisers**



**Local Business Sponsors**



**Buy Now, Pay Later**



**Pay Monthly Instalment Plans**



**Multi-School Discount Savings**



**Crowdfunding**



**External Grants**



# 1. School Budget / Block Funding



This budget is discretionary, allowing schools to allocate funds according to their most pressing needs.

One could argue that supporting mental well-being is amongst the highest of those priorities.

Over 60% of the participants in our survey said they used the school budget to fund the mental health programmes in their schools.

Given that this funding constitutes one of the largest financial resources schools receive, it's evident why many prioritise it.



Did you know total **school revenue** funding for 2023-24 is £57.3 billion, and will be rising to £58.8 billion for 2024-25.

In addition to the **annual budget**, schools might also receive block funding. These funds are often set aside for infrastructure, resources, or new initiatives.

You can tap into this block fund to set up or **significantly enhance your school's mental health** provisions.

Such an investment not only benefits current pupils but promises to create a more supportive environment for many cohorts to come.



Navigating the school budget is essentially a matter of choice and priority.

Investing in the **mental health of pupils** requires both vision and flexibility, and leveraging these funds is a step in the right direction.



Schools can earmark a part of their annual budget to ensure consistent mental health support. This lets them draw funds from a known, predictable source and allows for long-term planning.



## 2. Pupil Premium Fund

The **Pupil Premium** is dedicated to support pupils who come from disadvantaged backgrounds.

It's a known fact that children living in poverty are more susceptible to mental health issues.

Redirecting the **Pupil Premium** to support mental health programmes in your school is a great way to not only boost academic success of these pupils but also nurture their emotional and psychological well-being.



In 2023 to 24, the deprivation **pupil premium** is worth £1,455 at primary level, and £1,035 at secondary level. This is a **5% increase** in cash terms from the previous year.



## 3. Sports Premium Fund



The ties between physical and mental health are undeniable.

While the main focus of this fund is **physical education**, the interconnected nature of physical and mental well-being offers a unique opportunity.

Around **15%** of schools in our survey clearly recognized this connection and took a step to support their pupil's mental health.

Your school could potentially allocate a portion of the **Sports Premium** to programmes that champion **mental health**.



For the year 2023 to 2024, schools with 17 or more eligible pupils will receive **£16,000+** from the **Sports Premium fund**.



## 4. PSHE / Mental Health Budget

When it comes to **allocating funds**, you often face tough decisions, trying to address a myriad of needs.

But here's a suggestion that may be worth more than a passing thought:

What if you started allocating some money towards your **PSHE and Mental Health** priorities...

While many funds focus on tangible resources or academic programmes, the intangible - the emotional and psychological well-being of your pupils - can have the most profound impact on their future success.

By proactively **investing in their mental health** now, you're laying a foundation for a more resilient, more successful generation.





## 5. Getting Help Through The PTA

Teachers and parents witness first hand how poor mental health affects children both in school and at home.

They understand the profound impact it can have on a child's performance at school, relationships, and overall well-being.

PTAs are led by passionate parents and teachers who really care about making the school a better place for children.

They often come up with smart ways to raise money and can be a big help when the school needs funds for something important.

In fact, our survey found that **more than 6%** of schools have successfully collaborated with their PTAs to specifically advocate and raise funds for mental health support for pupils.



## 6. Parental Support and Contributions

Sometimes, the simplest approach can make the most significant difference.

A **direct call, message or email to parents** for contributions can have a profound impact.

Parents understand the trials and tribulations of growing up, the pressures young people face today, and the value of a supportive environment.

Giving the parents a chance to contribute, however big or small, towards the mental wellbeing of their child might just be the right thing to do.



## 7. School Fundraisers

Schools have a **unique position in the community**, acting as a hub for families, educators, and pupils to come together.

Organising a **school-led fundraiser**, specifically for supporting the Mental Health Programmes, can be a brilliant way to channel this community spirit.

Whether it's a talent show, a sponsored walk, or a bake sale, pupils can bring creativity and enthusiasm to the table.

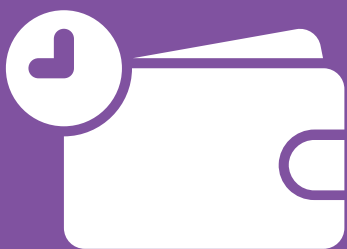


## 8. Local Business Sponsors:

Consider the **local businesses** around your school. Which of them might be eager to contribute to a cause as significant as the **mental well-being** of our next generation?

Many local businesses, from small shops to larger establishments, understand the value of community engagement.

By aligning themselves with a great initiative like this, they not only strengthen their community ties but also highlight their commitment to local welfare.



## 9. Ask For A Buy Now – Pay Later Option

With the **“Buy Now, Pay Later”** option, schools can confidently engage with providers, without the immediate need for funds.

This flexible payment plan can be tailored to meet the school's unique financial circumstances, aligning the payment schedule with the school's budget cycle, whether it kicks off in April or September.

This arrangement is especially beneficial as it allows schools to plan and commit to a programme well in advance, ensuring everything is in place for a smooth start.

For instance, if a school decides to embark on a new educational programme in June, but their budget cycle begins in September, the **“Buy Now, Pay Later”** option facilitates this by deferring payment until the funds are available.





## 10. Monthly Instalment Plans

Engaging a **Mental Health service** provider on a monthly payment basis could be a wise budgeting choice for schools.

This approach not only spreads the cost across several months, making it more manageable, but also allows for a kind of 'trial run' of the provided services without a hefty upfront commitment.

We recommend initiating a dialogue with potential providers to establish a **monthly payment plan**.



Such a plan would detail the scope of services covered each month alongside the corresponding fee, offering a clear financial picture.

This way, you retain flexibility while ensuring the mental health needs of your school community are met. It's about taking it one step at a time, ensuring the program's effectiveness before fully committing to the financial outlay.



## 11. Ask For A Multi-School Discount

This a simple yet effective strategy to optimise the budget allocated for mental health services, while not compromising on the quality of support provided.

Encourage a number of schools to come together to form a collective, perhaps a cluster of schools or a Multi Academy Trust.

This joint effort can pave the way for shared purchasing of mental health programmes or services.

By coordinating pooling resources, schools can significantly maximise the value and impact of the **mental health support** they receive.

Not only does this collaborative approach reduce the financial burden on individual schools, but it also fosters a community of shared learning and support.

The collective bargaining power could also unlock better terms or rates with mental health service providers.

Moreover, sharing experiences and insights among the collaborating schools can further enrich the mental health programmes, making them more effective and tailored to the needs of the students.





## 12. Crowdfunding

Schools can create **crowdfunding campaigns** highlighting the importance of mental health in education.

You can share these campaigns through various online platforms and engage with potential donors.

**Here are some of the top crowdfunding platforms in the UK that can be leveraged by schools to raise funds for various projects:**



### **Rocket Fund:**

Rocket Fund is a platform used by schools across the UK to engage a wider audience in crowdfunding projects. Schools have been able to raise amounts ranging from **£80 to £8,000** for various educational initiatives through this platform.



### **Donate My School:**

Donate My School is the UK's first and only dedicated crowdfunding platform for schools, facilitating the raising of donations either on an ongoing basis or for specific projects.



### **Crowdfunder:**

Crowdfunder UK has a dedicated section for schools and PTAs, supporting fundraising for new learning equipment, improving school facilities, or programs such as free school breakfasts or free uniforms.



## 13. Grants For Your School

Grants can be a treasure trove for schools wishing to bolster their **Mental Health Provision**, although they often require a bit of planning.

Sometimes, you might find yourself waiting up to 12 months before getting a nod of approval.

But remember, these waits are worth the life-changing support they can offer your pupils.

**Here's a closer look at some of the promising grant avenues:**



### National Lottery Community Funding:

This is a chance for schools to tap into a fund that acknowledges the power of community and seeks to enrich lives. **Over £600m** are distributed to the communities across the UK.



### Now and Beyond:

They aim to improve access to mental health provisions in school. You can apply for up to **£15,000** worth of mental health provision.



### Mental Health Support Teams (MHSTs) Funding:

The Department for Education (DfE) has invested in these specialised teams. Think of them as in-house experts – psychologists, therapists, and counsellors – who directly aid schools in navigating pupil mental health challenges.



### Local Authority Grants & Clinical Commissioning Groups:

Get in touch with your local council and Clinical Commissioning Groups, they are often on the lookout for projects that enhance the local community's well-being. They could provide just the financial nudge your school needs for the programme.



### Youth Endowment Fund:

Their primary focus is on steering young children and teens away from violence in England and Wales. YEF provides three kinds of funding: themed rounds, place-based schemes, and specific projects. Schools, colleges, and other educational schools can apply for these funds, based on the funding category they fit into.



### Youth Futures Foundation's Grant:

They're on a quest to shape promising futures, especially for young individuals from marginalised backgrounds. Their investment programme is designed to find, fund, support and evaluate promising practice.



### Grants for Outdoor Learning & Play:

Outdoor activities can be a haven for mental tranquillity. You can discover potential funding opportunities on their website.



### Grants4Schools:

This is your one-stop shop for the latest in funding news. Stay updated and prepared with their updates.



# THE SILENT COST OF UNFUNDED MENTAL HEALTH PROVISION IN SCHOOLS

Imagine driving every day on a set of tires that aren't in prime condition.

You choose to forgo the expense of tyre replacement thinking about the cost.

Every time you hit the road, you tell yourself, "It's just one more day; what could possibly go wrong?"

Yet, each day, the risk escalates, and the potential for **disaster grows**.

Ignoring the need to address those tires can end up costing far more than you might have anticipated.

Just like that crucial car maintenance, overlooking the mental health provisions in your school might appear as a **cost-saving** today, but could have far-reaching consequences in the future:



## Pupil Well-being and Performance

Without **adequate mental health support**, many pupils can find themselves overwhelmed, impacting not only their emotional state but also their ability to reach their full academic potential.



Almost two-thirds (65%) of UK children say they have felt anxious, nervous or stressed because of school, according to new research commissioned for **Children's Mental Health Week**.

## Increased Absenteeism

When schools don't provide a nurturing and supportive environment that prioritises mental health, pupils may feel **detached, misunderstood, or overwhelmed**.

They may dread attending school, resulting in regular absenteeism.

Over time, consistent absence can lead to significant gaps in their learning, putting them behind their peers.

In extreme cases, the continuous strain and lack of mental health resources can push pupils to drop out of school entirely.





## Staff Well-Being

Behind every thriving school, there's a team of dedicated **staff working tirelessly** to educate, nurture, and inspire the children.

Their daily encounters range from managing lessons, addressing diverse pupil needs, to sometimes mediating conflicts.

Such responsibilities, although rewarding, can be emotionally taxing.

When staff don't have the resources or support to navigate these challenges, their job satisfaction and overall morale can take a hit, leading to burnout and emotional exhaustion.



According to a **report** commissioned by the Department of Education, **56% of the teachers** said their job negatively affected their mental health. Moreover, **Heads** were more likely than both teachers and all leaders to report that their job negatively affected their mental health (59% vs. 57% of teachers and 53% of all leaders).

## Increased Referrals to External Mental Health Services

When schools don't have the means to provide **mental health support** internally, they often find themselves in a position where they need to point pupils and their families towards external services.

This isn't just a simple redirect.

Depending on where you live and what services are available, finding the right help can come with its own challenges.

Sometimes, these **external services** might have fees or very long waitlists, meaning pupils might not get the timely help they need.

And while external professionals are valuable and essential, having an in-school system can create a smoother, more immediate path for pupils in need.



**IFF Research** indicated secondary schools were more likely than primary schools to report waiting too long for access to an educational psychologist (85% vs. 75%), mental health support for pupils with SEND (84% vs. 75%), and social services support (82% vs. 64%).



## Long-Term Impact on Pupils:

When pupils go through school with **unaddressed mental health concerns**, it's like trying to run a race with heavy weights on their ankles.

Over time, these concerns can affect their grades, making it harder to pursue further education.

Beyond just academics, their overall happiness and quality of life can be affected. They might struggle with building relationships, managing finances, or even taking care of their health.

In the bigger picture, when many **pupils face these challenges**, society might end up bearing **additional costs**, whether it's in providing support services, lost economic productivity, or other areas.

So, it's not just about school; it's about setting them up for a **good life** ahead.

# THE TRUE VALUE OF INVESTING IN YOUR SCHOOLS MENTAL HEALTH PROVISION



Every school seeks to foster a **nurturing environment** that enables pupils to flourish both academically and personally.

Prioritising **mental health** and well-being can pave the way for numerous tangible and intangible advantages:



## Improved Pupil Well-being

Think of a pupil's **emotional health** as a toolbox. In an ideal setting, every pupil would have their toolbox filled with various tools to handle the ups and downs of life.

When schools provide the **right support and resources**, they're essentially adding tools like resilience, coping strategies, and stress-relief techniques to these toolboxes.

With these tools in hand, pupils are better prepared to face emotional challenges, whether it's dealing with **academic pressures, friendship troubles, or personal issues**.

As a result, not only do they **feel better** in the present, but they also develop skills that will benefit them for years to come.



School or college is the first place where young people try to seek help about mental health issues. And when they do, they want clear information, according to the **research** by Mind.

## Enhanced Academic Performance

When pupils are **emotionally balanced**, their capacity to concentrate on their studies improves considerably.

It's like clearing a fog from their minds, allowing them to grasp concepts more quickly and retain information longer.

They not only understand the curriculum better but can also apply their learning more effectively, setting the stage for continued academic success.





## Create A Positive School Climate

A school that places emphasis on **mental well-being** doesn't just create a supportive environment; it cultivates a community.

In such schools, mutual respect thrives, and the bonds between pupils, teachers, and staff are strengthened.

The ripple effect of this approach is profound – leading to increased collaboration, stronger mutual trust, and an atmosphere that radiates positivity and encouragement.

## Support Staff Well-being

Behind every successful pupil is a dedicated teacher.

But even teachers, with all their passion and commitment, are also susceptible to burnout and stress.

When your school **integrates mental health programmes**, it ensures that the teachers have the resources and support they need to rejuvenate and maintain their enthusiasm for teaching.



## Reduced Stigma

One of the lingering challenges in addressing **mental health** is the shroud of **stigma** that surrounds it.

By actively promoting **mental well-being** within the school environment, we're not just supporting those who need help, but we're also dismantling barriers of misunderstanding and prejudice.

Over time, this proactive approach redefines the narrative, making it clear that seeking help is a sign of strength, not weakness, and everyone's well-being matters.



# CONCLUSION

The pledge you make today towards nurturing mental health could echo through your school's corridors for years to come.

It's not just about securing funds; it's about showing a genuine concern for the well-being of every individual walking through your school's gates and being fully committed to doing whatever it takes to give your pupils the **best possible support**.

Every step taken, no matter how small, is a stride towards a more supportive, understanding, and resilient school community!

