



Mental Health Lead Network

20th March 2025

Kay.Breton@suffolk.gov.uk

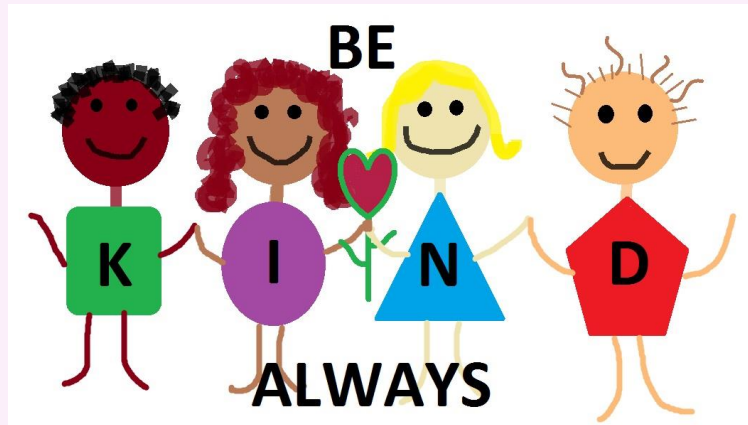
MHLeadNetwork@suffolk.gov.uk



The World Happiness Report 2025

This year's report pushes us to look beyond traditional determinants like health and wealth. It turns out that sharing meals and trusting others are even stronger predictors of wellbeing than expected. In this era of social isolation and political polarisation we need to find ways to bring people around the table again — doing so is critical for our individual and collective wellbeing.' [World Happiness Report 2025 shows people are much kinder than we expect | University of Oxford](#)

<https://youtu.be/acRWQa-kfEU> (2minute YouTube summary)



Signposting! March 2025

[Fostering Resilience](#) Leading clinical neuropsychologist *Dr. Sam Goldstein* delivers a two-part masterclass. The first session provides an overview of the research and its relevance to paediatric mental health, emphasising the importance of a resilience-focused mindset. The second focuses on the role of intelligence, problem-solving, and adaptive thinking in promoting resilience.

[ACAMH MH podcasts and webinars for educators](#) great source of evidence-based information and guidance as part of the 'Acamh Learn' offer [ACAMH Learn: Home](#) ("evidence-based content from world leading experts").

[Causes of low self-esteem/self-hate: helping children and young people heal Tickets, Thu 8 May 2025 at 17:30 | Eventbrite](#) – just one example of a reasonably priced webinar (this one from Margot Sunderland) put on by The Centre for Child Mental Health (CCMH) – see more here: [Webinars for Schools](#)

Mentally Healthy Schools Survey (closes 31.3.25) Our survey aims to gather critical insights into children and young people's mental health provision and support. Your response will help us to ensure we are developing the best and most useful mental health training, resources, and support for schools and colleges. Complete here: [Schools and colleges annual survey 2025](#)

[Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#) The NSFT Psychology in Schools Team is offering an online programme of workshops for parents/carers around childhood neurodivergence covering key topics that families have identified as most helpful.

Please note: DfE funding for senior mental health lead training has an application deadline of 31st March 2025.

Mental Health Lead Network extended 'in person' meeting on 8th May 2025

This will take place at Endeavour House from 9 am to 1 pm (exact timings, speakers and format to follow)

The theme of this year's event is: **Gathering and Learning from Pupil Voice**. We will be hearing from a variety of speakers on this topic and affording related networking opportunities.

If you would like to attend this event, please email us at:

EducationMHLeadNetwork@suffolk.gov.uk.

Mental Health Lead Network planning for next academic year:

18th September 3:45 to 4:45, virtual

Please come along for all or part of this meeting if you either have any feedback on the MHLN so far, or if you have any ideas for topics, visitors, activities for the year ahead. If you can't come along but you'd like to contribute reflections, suggestions or questions, please do so via this link: <https://forms.office.com/e/Tb60q8Q98S>

The things that help pupil wellbeing in school are:

The things that are unhelpful to pupil wellbeing in school are:

Capturing Pupil Voice

We want to hear what children and young people have to say about what helps and hinders pupil wellbeing in school.

If you have any pupils who would like to design a poster for us to display at our event to capture this, that would be amazing (any size).

Equally we're happy for other mediums to be used that facilitate pupil voice being shared on this topic.

Please bring anything along shared by CYP on the date or email copies to Kay.Breton@suffolk.gov.uk

