

A smiling teacher with long brown hair, wearing a blue top, is surrounded by a diverse group of happy students. The students are of various ethnicities and ages, all smiling and some with their hands raised. They are in a classroom setting with colorful posters on the wall. In the top right corner, there is a decorative graphic of colorful dots in yellow, orange, pink, and blue.

Empowering Schools to Support Mental Health.

Senior Mental Health Lead Training

Why This Training Matters

Mental health challenges among children and young people are rising at an alarming rate. According to recent NHS data, **1 in 5 children aged 8–16 has a probable mental health disorder**, and referrals to CAMHS have surged by over **50% in the past two years**.

Schools are on the frontline of this crisis, and Senior Mental Health Leads (SMHLs) play a pivotal role in creating safe, supportive environments where every child can thrive.

High-quality SMHL training equips school leaders with the knowledge, confidence, and tools to implement a whole-school approach to mental health.



This is not just about compliance with DfE guidance, it's about transforming lives and preventing children from spiralling into crisis.

Our Training Options



Beginners



Intermediate



Advanced



Beginners

Ideal for those new to the SMHL role or just starting their journey. This course helps you build strong foundations for your vision and strategy.

Online Self-Paced Training

Course Overview:

- **Introduction** to the course: Workbook and DfE learning outcomes
- **Module 1:** The Whole School Approach to Mental Health
- **Module 2:** Roles and Responsibilities
- **Module 3:** Exploring Culture and Ethos
- **Module 4:** Leadership and Management
- **Module 5:** Working Together
- **Module 6:** Staff Support and Development
- **Module 7:** Student Support
- **Module 8:** Identifying Need and Monitoring Impact
- **Next Steps:** Links to EduPod Self-Assessment Audit and Action Plan

[View the course outline](#) | [Book your training](#)



Total Run Time

8.5 hours



Support

**12 months free EduPod
access + 2 hours 1:1
implementation
coaching**

Get in touch to learn more
about our training for
beginners



Intermediate

Designed for SMHLs who have established their vision and strategy and want to embed mental health practices across the wider school context.

Online Self-Paced Training

Course Overview:

- **Introduction** to the course: Workbook and DfE learning outcomes
- **Module 1:** The Whole School Approach to Mental Health
- **Module 2:** Roles and Responsibilities
- **Module 3:** Exploring Culture and Ethos
- **Module 4:** Leadership and Management
- **Module 5:** Working Together
- **Module 6:** Staff Support and Development
- **Module 7:** Student Support
- **Module 8:** Identifying Need and Monitoring Impact
- **Next Steps:** Links to EduPod Self-Assessment Audit and Action Plan

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Total Run Time

7.5 hours



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beginners



Advanced

For experienced SMHLs who have implemented a whole-school approach and want to focus on impact tracking, succession planning, and sustainability.

Currently delivered as live sessions only.

Contact us for more detailed
information on our SMHLT
advanced training



Why Choose Innovating Minds?

We are trusted by schools nationwide to deliver practical, evidence-based training that meets DfE standards and goes beyond compliance.

Our approach combines expert-led content with hands-on support, ensuring you can confidently lead mental health initiatives that make a real difference.

Building Futures, Not Barriers

Good training doesn't just improve policies—it changes lives. By equipping Senior Mental Health Leads with the right skills, we help schools create environments where children and young people can **thrive in life rather than spiral into crisis**.

Together, we can turn the tide on mental health challenges and build a brighter future for every learner.



Ready to take the next steps?

Book your training today and join a growing network
of schools committed to mental health excellence.

****Contact Us:****

✉ Email: info@innovatingmindsgroup.com

☎ Phone: +44 (0)330 311 0808

🌐 Book Now (www.innovatingmindsgroup.com/SMHLT-start)

🌐 Schedule a Call (www.innovatingmindsgroup.com/SMHLT-call)