

# School Mental Health Promotion Action Plan



**School Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Coordinator(s):** \_\_\_\_\_

## 1. Vision and Goals: What is the main goal of this mental health event/activity?

(e.g. raise awareness, reduce stigma, build coping skills, promote support resources)

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**2. Target Audience:** ☐ Students ☐ Teachers ☐ Parents ☐ Whole School Community

**Age Group (for students):** \_\_\_\_\_ **Class Level(s):** \_\_\_\_\_

## 3. Key Actions and Activities:

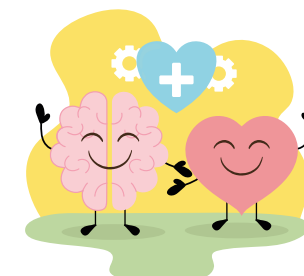
Action Item	Description	Lead Person(s)	Resources Needed	Timeline	Status
e.g. Mental Health Workshop	Invite a guest speaker	Ms. O'Connor	Budget, hall, speaker	10-14 Oct	planned, in progress, done

## 4. Promotion and Engagement Strategy: How will you promote the event/activity ? (Tick all that apply)

- ☐ School assembly
 ☐ Posters around school
 ☐ School newsletter  
☐ School website/social media
 ☐ Class announcements
 ☐ Student council involvement

**Notes:** \_\_\_\_\_

\_\_\_\_\_





## 5. Staff Involvement: Which teachers or staff will be involved and how?

Name: \_\_\_\_\_ Role: \_\_\_\_\_

Responsibility in Event/Activity: \_\_\_\_\_

## 6. Resources and Partnerships: Internal Resources (e.g. SPHE class time, Wellbeing Team)

External Support: (e.g. WIMS, Jigsaw)

## 7. Evaluation Plan:

Evaluation Method	Who Will Do It?	When?	How Will You Use the Results?
e.g. Student survey	Wellbeing Committee	After event	Improve future events

## 8. Plan for Ongoing Impact:

- ☐ Include mental health promotion in school policies
 ☐ Repeat event annually or bi-annually
 ☐ Create ongoing student wellbeing group
 ☐ Share resources with teachers for classroom use
 ☐ Provide staff training (e.g. Wellbeing CPD)

9. Sign-Off: Date: \_\_\_\_\_

Principal/Wellbeing Lead Signature \_\_\_\_\_



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