

Mental Health in Schools Online Conference

Wednesday

04 March 2026 (1pm-4pm)

Online National Conference

Code: C0015

CONFERENCE AIMS

Mental health is an urgent and ongoing priority in secondary schools, with rising concerns about student well-being, staff burnout, and the impact of mental health on academic achievement. This online conference aims to empower school leaders with the knowledge, skills, and strategies needed to create a whole-school approach to mental health.

Through expert-led sessions and practical workshops, this conference will explore how school leaders can foster an environment where both students and staff feel supported, valued, and equipped to manage mental health challenges. Delegates will explore effective, evidence-based approaches to addressing mental health, building resilience, managing high-risk situations, and using data-driven interventions to improve mental health outcomes.

BENEFITS OF ATTENDING

- Gain a comprehensive understanding of the current mental health challenges in secondary schools
- Learn practical strategies for developing and implementing a whole-school mental health strategy
- Discover how to manage high-risk cases and mental health crises effectively
- Acquire tools for fostering resilience among both staff and students

WHO SHOULD ATTEND?

- Secondary School Headteachers and Deputy Headteachers
- Mental Health Leads
- Pastoral and Well-Being Leaders
- Behaviour and Attendance Officers
- SENCOs and Inclusion Leads
- Governors and Trustees with responsibility for student well-being

SPEAKERS



Sam Garner

Mental Health & Inclusion Consultant

Sam Garner is a renowned speaker, trainer and author specialising in mental health and SEN. She has been a SENCo in a large secondary school and is a qualified Cognitive Behaviour Therapist and a Child and Adolescent Counsellor. She also set up a company providing mental health CBT programmes for schools. She is in high demand to speak at conferences and events and provides in-house training for schools and companies, nationally and internationally. Lauded for her humour and 'telling it like it is' approach to mental health, she has had her book *Mental Health in Education* published by Routledge and regularly writes for several publications with more books in the pipeline for publication.



Alice Newton-Leeming

Director of Mental Health Learning

Alice Newton-Leeming is the founder and director of Mental Health Learning. She has worked and volunteered within the field of mental health for over 13 years, specialising in suicide prevention. She equips members of the community and members of staff in the workplace with the skills to spot signs of distress and feel prepared to respond to them by providing training in mental wellbeing, self-harm and suicide prevention. She is a keynote speaker and workshop facilitator and delivers training for Papyrus, Young Minds and Mind.

1.05pm **Welcome & Introduction**
Steve Smith - Director of Professional Development, Keynote Educational

1.10pm **The Mental Health Landscape in Schools**
Sam Garner - Mental Health & Inclusion Consultant

- Gain insight into current trends and challenges impacting student mental health
- Explore the link between mental health, attendance, and academic outcomes
- Learn about common mental health conditions affecting young people and how they present in school
- Understand the importance of early identification and intervention

1.50pm **Creating a Whole-School Approach to Mental Health**
Sam Garner - Mental Health & Inclusion Consultant

- Learn how to develop a mental health strategy that engages all stakeholders
- Understand the role of leadership in promoting mental health and well-being
- Explore ways to integrate mental health into the school curriculum and culture
- Receive tips on how to involve parents and the wider community in your approach

2.30pm **Break**

2.40pm **Responding to Crisis: Responding to Suicidal Ideation and Immediate Risk in Schools**
Alice Newton-Leeming - Director of Mental Health Learning

- Recognise immediate indicators of suicide risk and crisis in pupils
- Respond calmly and appropriately when a pupil expresses suicidal thoughts or intent
- Take practical steps to ensure the pupil's safety while following school safeguarding procedure
- Maintain professional boundaries and emotional wellbeing during and after a crisis

3.20pm **Building Resilience Among Staff and Students**
Alice Newton-Leeming - Director of Mental Health Learning

- Understand the role of resilience in mental health and academic success
- Gain strategies to foster resilience within your student body
- Discover methods to help staff cope with the emotional demands of their roles
- Explore how resilience-building aligns with long-term mental health strategies

4.00pm **Conference Ends**

DELEGATE RATES

First Delegate Rate

£175
+ VAT

Additional Delegate Rate

£140
+ VAT



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