

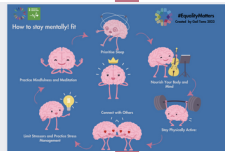


May

Focusing on Mental Health and Well-Being

Does your organisation support staff and student well-being?

THE GLOBAL GOALS



Download the infographic

 **Just click to access resources on how to create a welcoming and safe learning environment that support the well-being and mental health of all student and staff**

YGAM Student and Staff Mental Health: Free course to help safeguard students. Guide to a range of topics including mental health and where to find support against gaming and gambling harm

Student Mental Health: CDN Learn Online course to gain an understanding of key factors that influence student mental health, and of strategies that help to support good mental health

Mental Health and Wellbeing Guides for FE Staff and Leaders: A series of guides created with the Education & Training Foundation, to help support the mental health and well-being of staff working in further education

Mental Health and Well-Being Resource Pack: A great place to start if you're looking for ways to understand how to support your team's mental health

Learn Develop Support: Free Mental Health Courses Online – from UK Government and EFT

Mental Health and Well-being in FE: NCFE.org 2021 PDF guide to mental health and well-being for those working in FE

Emotional Pedagogy: CDN Pedagogy Matters podcast episode unpicks what is meant by the term emotional pedagogy and the impact that emotions can have on the learning experience, from both the perspective of lecturers and students

Future Teach: Erasmus-funded project, offering a series of webinars on learning and teaching. Access previous webinars on a range of topics including 'Inclusion from a Strategic Perspective'

Men's Mental Health: Access a new tool that gives you the confidence to have conversations with the men in your life who may be struggling

Mental Health Awareness Week '24: From 13 to 19 May, on the theme of "Movement: Moving more for our mental health"

CDN's Wellbeing PLC: Be part of the conversation by joining CDN's professional learning community focusing on Wellbeing

June Equality Matters Focuses on ... Celebrating Diversity and Pride

3 **Relating** — Caring for Others and the World



EQUALITY MATTERS @ CDN

Your Professional Development Digest for April



#EqualityMatters

Created by Gail Toms 2024