



# Moving up! The transition to secondary school

## Useful resources

### Resources for pupils

- [Talking mental health: animation and teacher toolkit](#)
- [We all have mental health: animation and teacher toolkit](#)
- [On My Mind: resources and self-care strategies for young people](#)

### Resources for parents and carers

- [You're never too young to talk mental health: primary aged guidance](#)
- [Talking mental health with young people at secondary school: guidance](#)

### Resources for school staff

- [CARE animation and guidance](#)
- [Supporting mental health and wellbeing in schools: guidance](#)
- [Supporting mental health and wellbeing in secondary schools: guidance](#)
- [Supporting staff wellbeing in schools: guidance](#)
- [Ten steps towards school staff wellbeing: resource](#)
- [Mentally Healthy Schools: website and resources for primary schools](#)

You can download all of our resources, access practical guidance and sign up for updates via Schools in Mind: [www.annafreud.org/schoolsinmind](http://www.annafreud.org/schoolsinmind)