

35% of international students consider themselves to have poor mental health.

English UK is dedicated to helping our centres learn more about mental health and how to help their students.

We will continue to update these online resources.



MIND

Learn about different types of mental health problems

Rethink Mental Illness

Mental health first aid and awareness training

- Provides training for managers
- Awareness training for teachers
- Young mental health first aid for under 18s
- [Mental health myth busters](#)

UKCISA

Support for students studying in the UK

- [Mental health support for students in the UK](#)
- [Challenging mental health myths for international students](#)

Students Against Depression

This website provides resource on what depression and anxiety is, how students may be affected, and what measures teachers and welfare staff can take to stay safe.

- [Resources for those who are struggling](#)

For those trying to help:

- [Noticing the signs](#)
- [Responding to risk or concern](#)

Resources for teachers

When talking about mental health, we can't forget to take care of our teachers as well as our students.

- [Self-care for teachers of ELT](#)