Mental health at school: What is the role of psychology teachers?

EFPTA WEBINAR
WHO WE ARE?

Our aims:

- promote psychology education at pre-university level,
- share knowledge and experience,
- consider curriculum and assessment,
- share teaching resources and ideas,
- consider issues of teacher education,
- promote exchanges and projects,
- influence policies on psychology education at European level,
- increase psychological literacy amongst the population.
MENTAL HEALTH EDUCATION PROJECT

a global challenge for public health and educational systems

one of the key goals of EFPA activities and other organizations
(European year of mental health proposal for 2023)

a part of pre-tertiary psychology curricula

survey and activities to promote the discussion about mental health education in schools
8 of 9 countries provide psychology as a stand-alone subject if psychology is taught mental health topics are included.

5 to 40 hours of teaching are dedicated to mental health topics per year.
Mental health topics included in psychology curricula:

- problems
- therapies
- cognitive
- phobias
- stress
- stress and anxiety
- anxiety disorder
- disorders
- psychotic disorders
- depression
- schizophrenia
- mental hygiene
- general anxiety
- mental illnesses
- biological explanations
PRELIMINARY RESULTS FROM 9 COUNTRIES

- **3** countries provide stand-alone subject focused directly on mental health

- **in 6** countries mental health topics are included in other subjects (not psychology)

- **8 of 9** country representatives believe that psychology courses should contain topics and methods related to mental health and well-being
PRELIMINARY RESULTS FROM 9 COUNTRIES

Mental health education is present in schools, however, there is space for improvement:
MENTAL HEALTH EDUCATION PROJECT:
NEXT STEPS

Data collection:
survey is open

Dissemination
www.efpta.org
GOOD PRACTICE EXAMPLES

J. McGinty: Mental health in the teaching of psychology in England - a case study

R. Chumicheva & O. Zvereva: The content and technologies of maintaining psychological health in the system of continuing education

S. Robinson: Addressing young people’s Mental Health and Wellbeing in Scotland

L. Ósk Úlfarsdóttir & V. Ólafsdóttir: Psychology of everyday living

A. Helotie: How can we make mental health skills the heart of school culture?
Thank you for your attention.

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