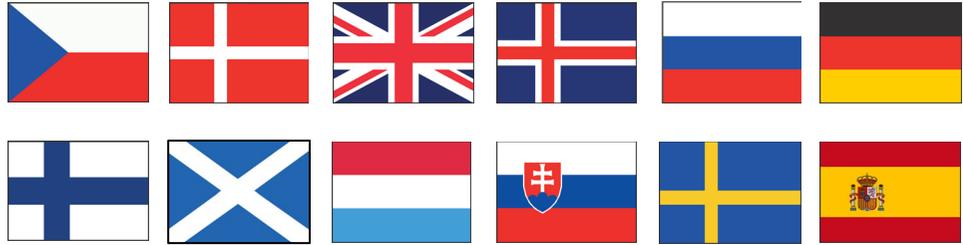




EFPTA

European Federation of

Psychology Teachers' Associations



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

EFPTA WEBINAR

WHO WE ARE?



EFPTA
European Federation of
Psychology Teachers' Associations



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.

since 2004



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

PRELIMINARY RESULTS FROM 9 COUNTRIES



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

PRELIMINARY RESULTS FROM 9 COUNTRIES



Mental health topics included in psychology curricula:

problems
therapies
cognitive
stress and anxiety
anxiety disorder
phobias
stress
disorders
psychotic disorders
depression
schizophrenia
mental hygiene
general anxiety
area - mental
affective disorders
mental disorders
mental health
attention disorders
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)

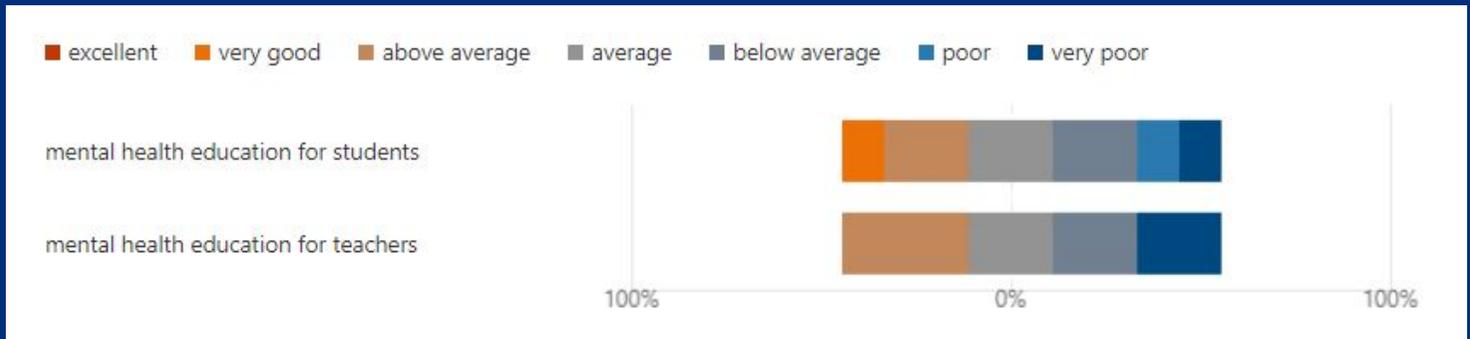


8 of 9 country representatives believe that psychology courses should contain topics and methods related to mental health and well-being

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



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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



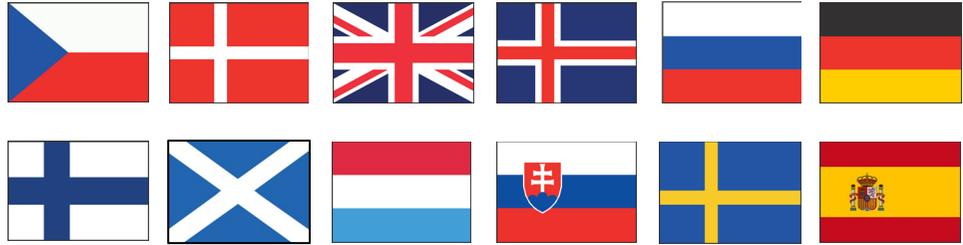
A. Helotie: How can we make mental health skills the heart of school culture?



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Thank you for your attention.

**Follow EFPTA activities at our
website, facebook & twitter.**