

# 5. A TOOLKIT / GUIDE FOR TEACHERS BY LEAGUE FOR MENTAL HEALTH, SLOVAKIA



Liga za duševné zdravie  
member of Mental Health Europe

## CONTEXT

The COVID-19 pandemic has caused significant disruption in education across Slovakia, creating challenges for teachers, parents, and students. Prolonged school closures led to setbacks in academic progress, difficulties in forming healthy social bonds, and heightened anxiety about the future. Moreover, the limited availability of mental health services has made it difficult for individuals to access support when most needed.



## KEY OBJECTIVES



- Alleviate mental health distress among school students
- Enhance mental health support in schools
- Offer practical strategies to manage stress in education

## TARGET POPULATION



- Primary & secondary school students
- Teachers and educators

## IMPLEMENTATION PROCESS



- SANA Framework
- Partnership with the Coalition of Schools (76 schools)
- Toolkit Dissemination at Key Events
- Translation and adaptation of the Toolkit
- Online training programme
- Adoption by schools

## KEY ACTIVITIES



- Development of the toolkit
- Workshops and training sessions
- Classroom pilots
- Feedback loop
- Outreach and stakeholder engagement

## KEY OUTCOMES AND IMPACTS



- 18 institutions involved
- 128 teachers enrolled, 104 completed the programme
- Integrated teaching methods
- Improved classroom environment
- Positive impact on students' mental health and emotional wellbeing

## CHALLENGES & MITIGATION STRATEGIES



- Teacher Workload
  - › simplifying activities
- Implementation timing
  - › teachers' flexibility to choose their own timing
- Consistent Engagement
  - › Regular updates
- Cultural differences
  - › local and cultural adaptation



## AREAS OF SUCCESS

- Engaging and practical activities
- Improvements in student emotional awareness
- Improvements in classroom's environment
- Positive feedback from educators
- Broad school participation

## CONCLUSION

The implementation of the Toolkit demonstrated that a well-designed, easy-to-implement mental health toolkit can have a lasting positive impact on students' well-being and foster better relationships within the classroom.

