

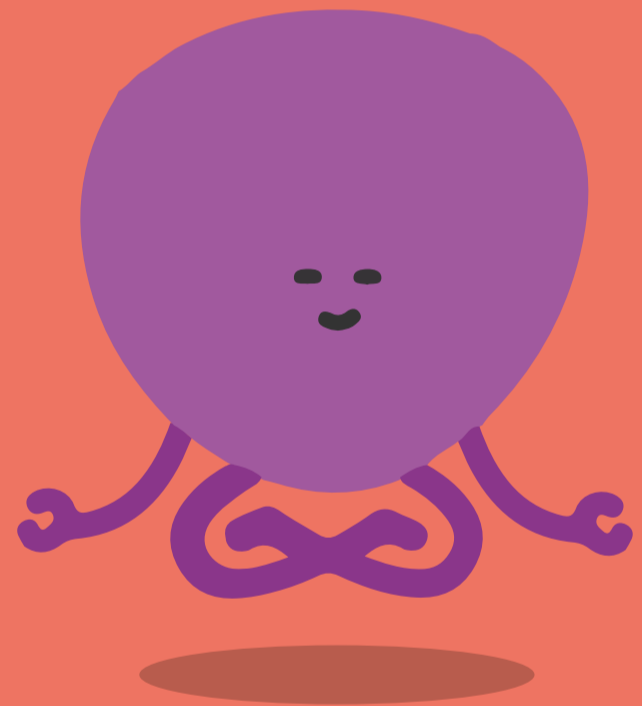
HEADED

by stem4

stem4's free online mental health programme Head Ed, for ages 11+ and 14+, provides comprehensive teacher resources to safely address topics such as stress, anxiety, depression, self-harm and resilience.

Easy, Engaging Lessons

- 9 Modules and Teacher Packs
- Adaptable Resources
- Short Videos
- Tailor-Made Activities
- Class Tasks & Quizzes
- Designed by a Clinical Psychologist
- Listed in Anna Freud's Mentally Healthy Schools resource library



stem4

supporting teenage mental health

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