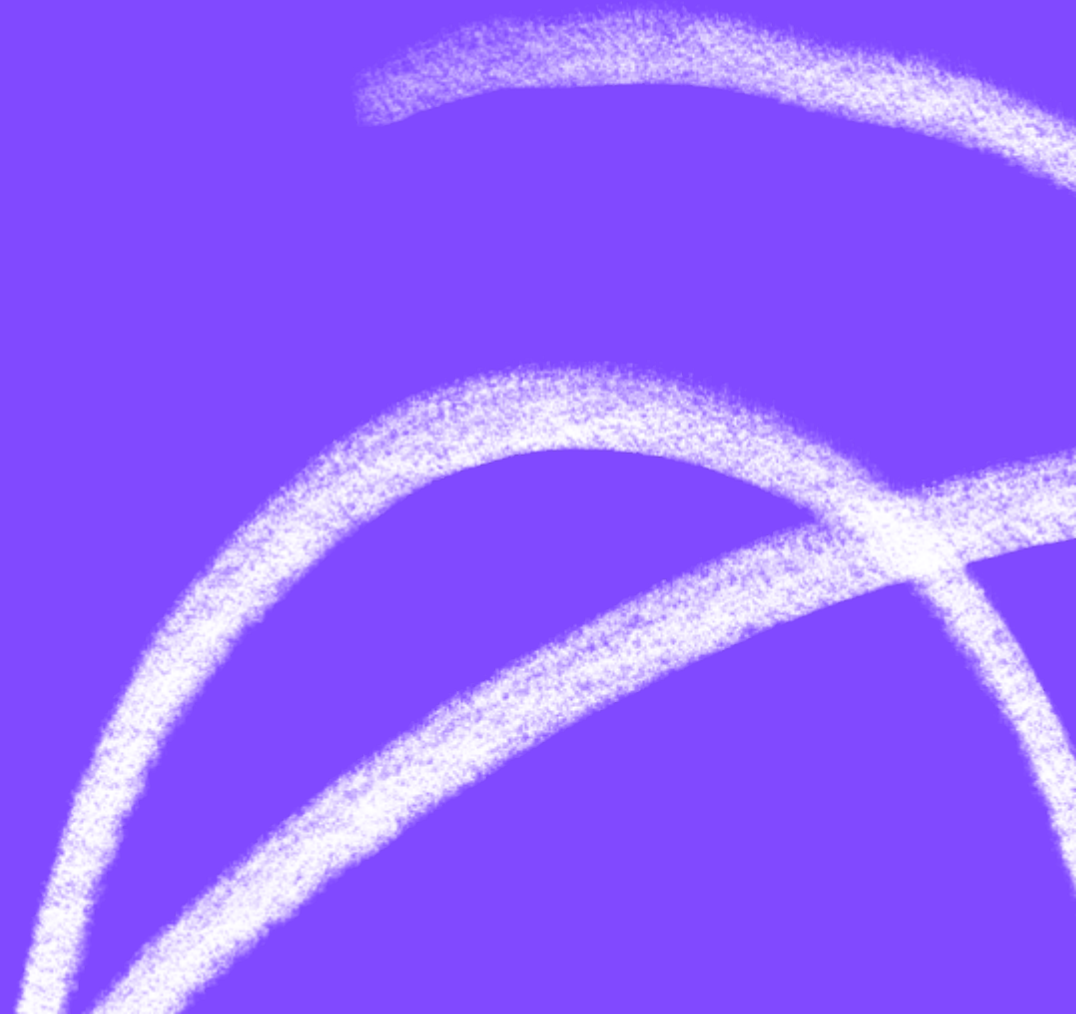




Mental health and absences at secondary school

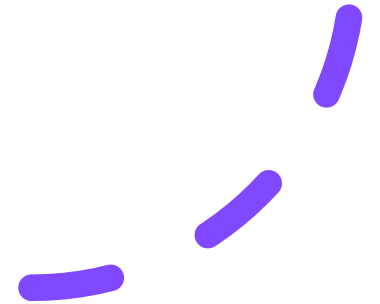
November 2021

What we did



Not making the grade

- Mind has recently concluded its inquiry into secondary schools and mental health in England.
- This was led by a steering group of young people.
- 'Not making the grade' published in June 2021.



What we found



Key findings

- Nearly **seven in ten (68%) young people** reported being absent from school due to their mental health.
- Having difficulties attending school was a very common experience for young people from Gypsy, Roma and Traveller communities
- **Less than a fifth (18%) of school staff** said that their school always authorised absences if a young person was unable to attend school due to their mental health problems.
- Almost **nine in ten parents (88%)** reported that their child had been absent from school because of their mental health





**Due to my anorexia taking a toll on my
physical
health I was taken out of school which meant
I lost
a lot of lesson time. I'm also now attending
day
patient treatment which has meant I am
missing
one day a week of school.**



Exclusions

- Almost **one in four school staff (25%)** we surveyed said that they were aware of a student being excluded from school because of their mental health.
- **Almost one in five (17%) young men** had been excluded (either permanently or temporarily).
- **Less than one in ten (7%) young women** had been excluded.






The Pupil

Referral Unit have been wonderful with her and this has enabled her to improve her attendance dramatically.

This just reflects the fact that a small amount of informed adjustment would have led to a significant improvement before things got as bad as they did.



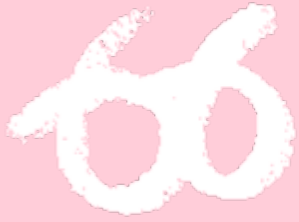
**What is wrong with the
current system?**

The background of the slide is a dark blue color. On the right side, there are three thick, curved, light blue lines that sweep across the frame from the bottom towards the top. The lines are slightly textured and overlap each other.

Problems with the current system

- Department for Education guidance on school attendance does not meet the needs of young people experiencing mental health problems.
- Young people can struggle to provide required evidence of mental health need
- Lack of mental health support and punitive approach to absences





No-one took the time to understand what was happening in our lives and this had an enormous impact on our attendance, achievement and behaviour



Mind's recommendations

- Ensure that school staff and mental health professionals working in schools have training on trauma-informed care
- Fund a network of early support hubs across England
- Reform the current national system for managing and recording school attendance





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