



Mental Health and Wellbeing Policy

Introduction

Madrasah Al Furqan supports the mental and emotional wellbeing of all staff and students. This policy outlines how we promote a positive environment and provide help when needed.

Aims of the Policy

- Encourage open conversations about mental health and wellbeing.
- Provide help and resources for those who need support.
- Make sure all staff and students feel safe, respected, and supported.

Supporting Student Wellbeing

- Students are encouraged to speak to staff if they are worried about anything.
- We maintain a respectful and caring environment.
- Anti-bullying measures are followed to protect pupils' emotional safety.

Supporting Staff Wellbeing

- Staff will be supported with managing their workload and stress.
- Regular check-ins will be done to see how staff are feeling.
- Staff can access support or be referred for further help if needed.

Next Review Date: 31 August 2026

