

# Awards for Trauma and Mental Health Informed Schools and Organisations

**Is your school or organisation trauma and mental health informed?**



If your school or organisation can demonstrate the highest level of mental health or trauma & mental health informed practice embedded across your setting, you may be eligible to apply for one of our two prestigious awards:

1. Mentally Healthy Award
2. Trauma and Mental Health Informed Award

## About the awards

The awards are presented jointly by The Centre for Child Mental Health and Trauma Informed Schools & Communities UK. Successful applicants will receive a plaque for their setting, and all award-winning schools and organisations are celebrated and listed on our website.

## What to do next

### Step One

The assessment criteria for the Mentally Healthy Award is overleaf.

The Trauma and Mental Health Informed Awards application process uses and refers to the TISCUK Implementation Checklist. You can find this checklist in your TISCUK Practitioner Handbook or SLT Booklet.

Use the assessment criteria/implementation checklist to complete the appropriate application form and email to us at [awards@traumainformedschools.co.uk](mailto:awards@traumainformedschools.co.uk) attaching a copy of your setting's current Behaviour and Relationship Policy.

### Step Two

The TISCUK Awards Panel meets at the end of each month to review new applications. We aim to provide feedback within ten working days of the meeting. If your application is successful, you will receive an invoice for the Awards fee. Once payment has been made, a TISCUK Consultant will contact you to arrange a visit.

We will also send you a copy of the Implementation Checklist, which should be completed and returned to the Consultant before the visit.

If your application is unsuccessful, we will outline the areas that require improvement, with the hope that you will reapply once the specific criteria have been met.

### Step Three

**The Visit:** The Consultant will spend a number of hours with you, arriving before the start of the school day to observe students as they arrive. During the visit, they will observe classrooms to get a sense of the school atmosphere and will speak with both staff and students. We'd also like to see practical evidence of the initiatives described in your application. We don't expect perfection, and you're not required to demonstrate everything on our implementation list. We're keen to see the work you're proud of that aligns with our values and approach.

### Step Four

Within two weeks of the visit we will write to you with the result and a report. If successful we will congratulate you on having achieved an award. We will then send you your Award Plaque in the post.

## Eligibility

For more information email:  
[info@traumainformedschools.co.uk](mailto:info@traumainformedschools.co.uk)  
[www.traumainformedschools.co.uk](http://www.traumainformedschools.co.uk)



## Assessment criteria for Mentally Healthy Award

The criteria for the Mentally Healthy Award are as follows:

### Protect

The school creates a psychologically safe environment where children feel secure, valued and accepted. Warm, empathic interactions and a calm, supportive environment promote emotional safety and wellbeing. Vulnerable children have access to trusted, emotionally available adults. The school values inclusion, equality and the development of the whole child, not just academic achievement.

### Relate

Relationships are central to school practice, with behaviour understood as communication rather than something to punish. Staff take time to know children well and understand the experiences that shape their behaviour. Vulnerable pupils are supported through consistent, positive relationships that build trust. A relational culture supports both pupils and staff across the school community.

### Regulate

The school uses evidence-based approaches to reduce stress and support emotional regulation. Staff respond calmly and compassionately to distress, supporting children to develop self-regulation skills over time. Targeted support is provided for those with additional needs. Leaders actively support staff wellbeing and emotional regulation.

### Reflect

Staff use empathic, reflective and restorative approaches to help children make sense of experiences. No child is left without support to process trauma or significant life events. Creative and non-verbal approaches are valued alongside talk. Through PSHE and the wider curriculum, children develop understanding of emotions, mental health and relationships.

## Assessment criteria for Trauma and Mental Health Informed Award

In addition to assessment criteria for Award 1:

1. Schools/organisations must have completed the following trainings run by Trauma Informed Schools UK: a) TISCUK Whole School Training (3 or 6hrs), b) at least 1 member of the Senior Leadership Team must have attended the 2 day TISCUK SLT Training- this is usually the headteacher, c) at least one Practitioners completed the 11 day TISCUK Diploma in Trauma and Mental Health Informed Schools and Communities. If this is the Headteacher there is no requirement for the setting to have attended the SLT training
2. Trauma Informed Schools/Organisations must evidence that vulnerable children are offered the time and space to make sense of painful life events with an emotionally available adult who is trained to listen, understand and provide verbalised empathic responses. They

understand that children and young people who are not supported to process painful experiences and trauma are at risk of low self esteem, mental health problems and may go on to engage in inappropriate often harmful relationships with self and others and are likely to grow up to become vulnerable adults. (ACE research).

## Fees

Please note that these awards are not only non-profit making but subsidised by The Centre for Child Mental Health and Trauma Informed Schools & Communities UK. This is due to our mission to promote and celebrate best trauma and mental health informed practice as an inspiration to others.

The award lasts for 3 years after which you will be invited to re-apply.

## Cost

Up to 1000 pupils/students: £1,565.00 effective 1st January 2026 (no VAT).

Over 1000 pupils/students: £1,995.00 effective 1st January 2026 (no VAT).

## Fees cover

1. Visit
2. Report
3. Plaque

Costs are based on 1 site location. If a school or organisation is located over multiple sites, all sites will need to be visited to be included in this assessment. This may incur an addition, so please let us know in your application if you have more than one site.

## Once accreditation is approved

Schools will be listed on our website as Mentally Healthy Schools/Organisations or Trauma and Mental Health Informed Schools/Organisations. Where there is significant organisational change such as a new Head, Academisation or joining a new Multi-Academy Trust, schools must apply for reaccreditation within the next year in order to remain as an awarded school.

This is necessary as organisational change may impact on culture and priorities in the school. It is naturally important for us that the highest standards that we set for schools and organisations are in evidence in those holding the award.