

Learning Together Mental Health: Impact Evaluation

Information sheet for parents and carers

What is Learning Together Mental Health?

Learning Together Mental Health (LTMH) is a whole-school programme that aims to improve feelings of school belonging, engagement and safety for pupils, as well as reduce bullying, improve mental health and help pupils to do better in school. The programme is funded by the Education Endowment Foundation (EEF). The LTMH programme is being delivered by an organisation called Place2Be in a large number of schools across England. Your child's school may be taking part in this programme.

To understand whether LTMH is working to support pupils, we are conducting an evaluation which has also been commissioned by the Education Endowment Foundation (EEF). The LTMH evaluation is a randomised controlled trial (RCT) run by researchers at Anna Freud and Ipsos. This means that half of the schools taking part in the evaluation will be randomly chosen to receive LTMH, and half will continue with their usual practice.

Who are we?

We are a team of researchers from Anna Freud, a children and young person's mental health charity. We are working with researchers from Ipsos, University College London (UCL) and the London School of Hygiene and Tropical Medicine.

If you have any questions then you can ask your child's school or you can contact the Lead Researcher for this trial, Professor Jessica Deighton:

- By email, at: Jessica.Deighton@annafreud.org

- Write to us, at: Anna Freud, 4-8 Rodney Street, London N1 9JH

This research has been checked and approved by a group called the University College London (UCL) Research Ethics Committee (ID: 2018) to make sure it's safe for pupils to take part.

Why are we contacting you?

To find out whether the LTMH programme is effective, all Year 7 pupils are invited to complete an **online survey** this year and again in **Year 10**. We are asking for your permission for your child to take part in the evaluation. If you give permission, your child will also be asked if they agree to take part.

What do we want to find out?

This study aims to find out whether the LTMH programme is more helpful than schools' usual practice in terms of improving pupils' academic achievement, experiences of bullying, feelings of school belonging and school engagement. This is so that we can learn more about the best ways to support them.

A separate team of researchers at London School of Hygiene and Tropical Medicine are also trying to find out whether LTMH improves pupils' health behaviours, such as mental health and wellbeing, eating behaviours, self-harm, substance misuse and healthcare utilisation.

What will your child be asked to do?

Your child will complete an online survey at school in Spring/Summer 2026 with all Year 7 pupils. They will be asked to complete a similar, follow up survey in Year 10. It is not expected to take longer than 40 minutes. The information your child provides will be treated confidentially by the research team.

What information is the research using?

The LTMH trial will include the following types of information about your child to evaluate the programme:

1. Surveys completed by pupils, including:
 - Feelings about school, friends, and self
 - Mental health and wellbeing

- Bullying, eating habits, self-harm, substance use
- Self-identified gender
- Healthcare utilisation

2. School administrative data, either provided directly by the school, or the from national education records (National Pupil Database), including:

- Unique Pupil Number (UPN), name, year group, date of birth
- Gender, ethnicity, special educational needs (SEN) status
- Free school meal eligibility
- School attendance
- Suspensions or exclusions
- Academic results (e.g. GCSEs)

3. Names

- Researchers will receive the names of pupils at your child's school from the school
- Names will be used to send unique survey links and match responses to school data
- They will not be included in research reports or publications

If your child's school is randomly selected to receive LTMH, their survey responses will also be grouped together with all other children in their year group to provide summaries that help schools understand the kinds of difficulties their pupils are experiencing (a 'needs assessment'), which will help schools decide what kind of support should be put in place. Needs assessment reports will not include names of individual pupils.

What are the possible risks/disadvantages of taking part?

There are no known risks/disadvantages to taking part in the survey. If any risks or disadvantages become known during the research, you and your child will be informed straight away via the school.

On rare occasions young people can become upset about something they answer during surveys like this. If there are questions they do not want to answer, they can leave these out. They will also be able to stop answering the survey at any time if they wish to do so. If your child does feel upset, school staff will be on hand to offer support. They will also be reminded of where to get support many times during the programme.

What are the possible benefits of taking part?

There is no guaranteed benefit to individuals in taking part. Most people find taking part in research rewarding, as it helps to find out about things that may benefit other people in the future. The study will generate robust evidence on whether whole-school mental health interventions can improve educational attainment and pupil wellbeing, informing national policy and practice.

What will happen to the information that is collected?

For full information about how your child's information is used and your rights in relation to that information, please see our privacy notice [here](#).

- Schools receiving LTMH will get a **summary report** (a 'needs assessment', with no names) on pupil wellbeing
- Researchers at Anna Freud and the London School of Hygiene and Tropical Medicine will analyse the data to assess the impact of LTMH
- Findings may be presented at conferences or used as part of academic publications/reports. No information presented will identify any individuals involved.
- The funder for this evaluation, the EEF, will also publish the findings from this study in a report
- At the end of the project data will be archived in the EEF data archive, hosted within the Office for National Statistics' Secure Research Service. The archived data is retained to allow other, specially approved researchers to use this dataset for specified research purposes. We will not include any pupil names in the archived dataset.
- If completing the survey makes pupils feel like they need some help but not immediately, they can say so by ticking a box in the online survey. If a pupil indicates that they would like some help this way, the research team at Anna Freud will contact a named person at your school to pass on this information (including pupil name) so that this can be explored and help provided if needed. Once notified, schools will follow their own safeguarding procedures.

Does your child have to complete the survey? Can they change their mind?

- It is up to you and your child to decide whether to take part.
- Even if your child opts out of the survey, they can still take part in LTMH activities (if the school has been randomly assigned to receive LTMH).
- You are free to withdraw your child at any time, without giving a reason.
- If your child starts the survey, they can change their mind and stop at any time without having to tell us why.
- If, after your child has taken part, you decide that you want us to remove your child's answers, you can ask for their data to be deleted **until 31st March 2031**. After this time, it will no longer be possible to delete their data because we will have already used their information, along with all of the information we have gathered from the other participants, to carry out our evaluation and to write our report

What happens next?

If you are happy for your child to take part, then you do not need to do anything.

If you do not want your child to participate in this research, you need to let us know within two weeks of receiving this information sheet. You can do this by calling our Trial Manager, Dr Polly Casey, on 020 7794 2313, by including the below information in an email to LTMH@annafreud.org or posting this page back to us at the following address:

FREEPOST

Polly Casey

Anna Freud

4-8 Rodney Street

London

N1 9JH

You do not need to include a stamp.

Dear Polly,

I wish to withdraw my child from taking part in the LTMH evaluation.

Child's name:

Child's school and year group:

Parent or carer's name:

Signature:

Date:

If you wish to make a formal complaint about the conduct of the research you should contact Professor Jessica Deighton, Anna Freud, 4-8 Rodney Street, London, N1 9JH (Jessica.Deighton@annafreud.org).

Thank you for taking the time to read this information sheet.

Your help makes our research possible!