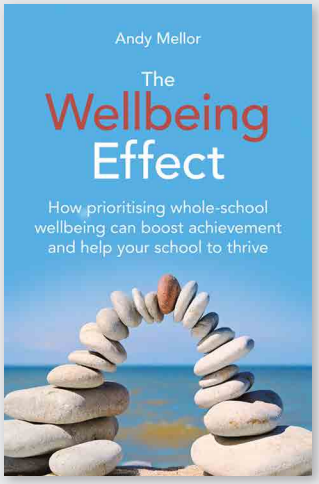
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PRESS RELEASE

"A must-read for everyone."
Sir Anthony Seldon, Head, Epsom College



The Wellbeing Effect

How prioritising whole-school wellbeing can boost achievement and help your school to thrive

By Andy Mellor

ISBN: 9781785837432
Price: £16.99
Published by: Crown House Publishing
Date of publication: September 2026

Scan to learn more:

A thoughtful guide that demonstrates how putting wellbeing at the heart of school culture drives better teaching, learning and student outcomes.

The Wellbeing Effect celebrates major milestone with 10,000-copy sale

Released on 24 September 2026, Andy Mellor's new title, *The Wellbeing Effect*, has already sold 10,000 copies to The Schools Advisory Service (SAS) for distribution to its members. This remarkable early success comes at a time when supporting the wellbeing of staff and pupils has become an increasingly urgent priority for schools.

The scale of the challenge is clear.

The Department for Education's 2024[1] survey found that 89% of teachers and school leaders experienced work-related stress, while NHS England reported that one in five children aged 8–16 had a probable mental disorder in 2023. Against this backdrop, *The Wellbeing Effect* offers a timely and practical perspective on why wellbeing must be central to school improvement.

The book challenges the idea that wellbeing is an additional responsibility competing with academic achievement. It makes the case for putting people at the heart of school success, exploring how prioritising wellbeing can help improve behaviour, strengthen staff motivation and retention, and create environments where both teachers and pupils can thrive.

With schools facing mounting pressures around mental health, behaviour and recruitment, this book highlights the importance of building positive, sustainable school communities where people feel supported and empowered to achieve their best. Something we all need to be mindful of.

Essential reading for all school leaders, teachers, governors, system leaders and administrators.

1 See here: https://www.gov.uk/government/publications/working-lives-of-teachers-and-leaders-wave-3?utm_source=chatgpt.com

For media enquiries, please contact Lucy Delbridge at: ldelbridge@crownhouse.co.uk/ 01267 211345

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PRESS RELEASE

"A compelling story of real-life school development."
Dame Alison Peacock, DL, DLitt, Chief Executive, Chartered College of Teaching

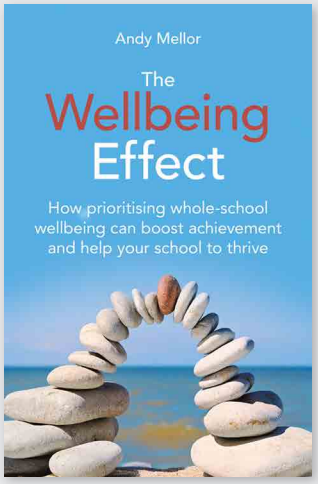
About the author

Andy Mellor is National Wellbeing Director for Schools Advisory Service and was previously the Strategic Lead for the Carnegie Centre of Excellence for Mental Health in Schools at Leeds Beckett University. He has been the Independent Chair of the Blackpool MAT CEO group, and was a member of the Blackpool Opportunity Area Board.

Articles and interviews available

Andy is available for interview, expert comment or by-lined articles on a range of topics, such as:

- You Don't Have to Choose Between Wellbeing and Achievement
- The Teacher Retention Crisis: Why Wellbeing Must Be Part of the Solution
- Better Wellbeing, Better Behaviour, Better Outcomes
- Beyond Wellbeing Week: Building a Culture That Lasts
- What If the Answer to Better Results Isn't More Pressure?



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