







## Mental Health and Wellbeing support for school- based employees

Support mechanisms	Description	Link
 	<p>Free, self-referral service which provides employees with nine months advice and guidance from a mental health specialist who can help the employee learn coping mechanisms, build resilience, access therapy or work with the employer to make adjustments to help mental health at work</p>	<p><a href="https://able-futures.co.uk/mental-health-support-for-individuals/">https://able-futures.co.uk/mental-health-support-for-individuals/</a></p>
 <p>The charity for everyone working in education.</p>	<p>UK charity dedicated to improving the health and wellbeing of the entire education workforce</p>	<p><a href="https://www.educationsupport.org.uk/">https://www.educationsupport.org.uk/</a></p>
	<p>'Our Frontline' is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge and offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health. There is tailored material for staff working in social care, education, essential roles, the emergency services and health workers.</p>	<p><a href="https://www.mentalhealthatwork.org.uk/ourfrontline/">https://www.mentalhealthatwork.org.uk/ourfrontline/</a></p>

	<p>A Free wellbeing telephone support service for headteachers and CEOs ran by experienced ex-heads</p>	<p><a href="https://www.headrestuk.co.uk/">https://www.headrestuk.co.uk/</a></p>
	<p>Your wellbeing matters – A toolkit of new ideas and tips on how you can improve your own wellbeing and resilience. For all managers and employees in the public sector from West Midlands Employers (WME).</p>	<p><a href="https://online.flippingbook.com/view/811223/">https://online.flippingbook.com/view/811223/</a></p>
<p><b>Any Employee Assistance Programme</b></p> <p><b>Mental Aid First Aiders</b></p>	<p><b>Enquire directly with your school to find out if they have access to:</b></p> <ol style="list-style-type: none"> <li>1- An EAP (Employee assistance programme) free and confidential support provided by qualified Counsellors and Information Specialists</li> <li>2- In-house Mental Health First Aider: A trained colleague who can confidentially signpost you to available resources and support</li> </ol>	