Walworth School Staff Wellbeing Support Toolkit

- **Education Support Partnership helpline**

Education Support Partnership's helpline is available 24 hours a day, 365 days a year. It's for all staff, both academic and administrative, in primary, secondary, further and higher education, and offers services designed to:

- prevent a crisis from occurring;
- reduce the impact of a crisis when it occurs;
- help you to find solutions to problems by offering you tools to overcome difficulties in your life.

The helpline provides free and confidential information, support, coaching, BACP accredited counsellors, advice on Education Support Partnership's in-house grants programme, and help to find other services or long-term treatment. So, whatever your need or worry, if you work in education, they're there for you.
The website includes information on how to access them by telephone, text, email or live chat. You can also download posters or order other marketing materials to help promote the helpline to colleagues.

https://www.educationsupportpartnership.org.uk/helping-you/telephone-support-counselling

Supporting staff wellbeing in schools

Supporting Staff Wellbeing in Schools is a short booklet that examines what we mean by staff wellbeing, what can impact on staff wellbeing and how to lead a school that prioritises wellbeing.

https://www.annafreud.org/media/7026/3rdanna-freud-booklet-staff-wellbeing-final.pdf

What keeps us going?

If you're having a tough week and lots of worries are building up, it can be difficult to cope. This simple activity from YoungMinds encourages school staff to think about the things that help get them through.

https://youngminds.org.uk/resources/school-resources/what-keeps-us-going/

Address your stress toolkit

Address your stress for Mental Health Awareness Week with this toolkit full of tips, advice and tools to help you reduce the impact of stress on your wellbeing at work.

https://mhfaengland.org/mhfa-centre/resources/address-your-stress/?resource_type_id=48b51c37-3ca5-e811-8147-e0071b668081

To support Mental Health Awareness Week 2018, Mental Health First Aid (MHFA) England developed an 'Address Your Stress' toolkit.
The aim of the toolkit is to:

• help you understand your stress triggers
• get you to know your unique stress signature
• manage your stress levels
• reduce the impact of stress on your wellbeing.

The toolkit includes interactive tools, such as the stress container, to help you understand what your stress triggers are and some coping methods to help you manage them. The toolkit also features video clips from mental health campaigner Neil Laybourn, who talks about top self-care tips for stress.

Supporting staff wellbeing

Good staff wellbeing is essential in education, and means that staff are better able, in turn, to support their pupils. This page from Mentally Healthy Schools has information, advice and links to quality-assured resources that can help.

https://www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/

Ten steps towards school staff wellbeing

Any conversation about supporting children's wellbeing must also include how we support teachers. This resource encourages schools to reflect on the wellbeing of staff, based on the findings from a large consultation.

https://www.annafreud.org/media/8506/school-staff-wellbeing-report-final-corrected-512.pdf

Supporting a member of staff with mental health difficulties

It's likely that we'll all encounter a colleague or staff member experiencing mental ill-health at some point. This guide has advice for senior school staff on how to recognise if a staff member is struggling and how best to support them.

https://www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-a-member-of-staff-with-mental-health-difficulties/

How to look after your mental health

Making simple changes in your life can make a big difference to your mental health. This guide has ten free, practical things you can do to take care of yourself and help get the most from life.

https://www.mentalhealth.org.uk/publications/how-to-mental-health

Talking toolkit: preventing work-related stress in schools

For those who work in education, stress can seem a major part of daily life. HSE's Talking Toolkit for schools helps to address this by enabling simple, practical conversations with school employees.

https://campaigns.hse.gov.uk/go-home-healthy/work-related-stress/stress-in-education/

Running a staff session on mental health and wellbeing

A step-by-step guide to running a staff session on mental health and wellbeing, with the key aims of increasing awareness and normalising the conversation around mental health.

https://www.bupa.co.uk/health-information/workplace-mental-health/promoting-mental-health/running-staff-session-mental-health