



health assured

Mental health and wellbeing support

Mental health can be complex. Getting help doesn't have to be.



Further resources, links and information are on the One Drive; Well Being (Staff)

Where to access help and resources at:

St Nicolas C of E Academy

This document gives you information about where to go and what help is available if you feel like you might need some support with your mental health, at any point.

It also includes some information on maintaining good mental wellbeing. Please let us know if you want to add anything to the lists below and share your feedback if you found something on the lists below helpful or not.



IT'S OKAY TO NOT BE OKAY

Maintaining good mental health and wellbeing

- ◆ Focus on what you can control
- ◆ Self-care and 'me time' is essential
- ◆ Know your priorities
- ◆ Pay attention to how you feel and trust your gut
- ◆ You can't do it all
- ◆ Respect yourself and your colleagues
- ◆ Good communication is vital
- ◆ Find the balance

Further information can be found at:

TES Educare course "Supporting Staff Well Being"
Mind Training courses
(<https://www.mind.org.uk/workplace/mind-training>)
Mental Health Foundation (mentalhealth.org.uk)

In school we try to support a healthy work life balance by:

- Reducing workload e.g. streamlining marking
- Promoting wellbeing e.g. social events planned
- Considering communication e.g. scheduling emails
- Listening & responding to colleagues e.g. survey

Support available:

Speak with a member of SLT within school

Health Assured (Employee Assistance Programme)

<https://healthassuredeap.co.uk>

Username: Wellbeing Password: CallMiceClap

24/7 Helpline: **0800 028 0199**

My Healthy Advantage App (Code: MHA166089)

Education Support

24/7 confidential helpline **08000 562 561**

www.educationsupport.org.uk

If you need urgent medical attention due to mental health, contact your GP, go to the Emergency Department at your nearest hospital or contact the Samaritans on 116 123.

IT'S OKAY TO ASK FOR HELP

