

healthy
minds



School Staff Welfare Support Service

A free practical and emotional support pathway for senior education leaders, teachers and all school staff who are operating in challenging times

PATHWAY OF SUPPORT

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Emotional wellbeing support

- FOR ALL SCHOOL STAFF

- Access a wellbeing check with a health professional
- Subsequent counselling and therapy offer

How do I access the wellbeing check?

Complete your details on the contacts page - <https://www.awc-counselling.co.uk/contact-us/>

In the message section please state School Staff Wellbeing Check and you will be contacted in 24 hours to arrange a wellbeing check.

Alternatively, you can phone **01535 288335** or **01535 288332** and request a School Staff Wellbeing Check

- FOR ALL SCHOOL STAFF

- Phone line / Messaging service

To speak to a Guide-Line worker, call **08001 884 884**. The service is available for all staff from noon to midnight, 7 days a week, 365 days a year (including bank holidays). Or chat online at <https://www.saferspaces.app/guideline>

The West Yorkshire and Harrogate Health and Care Partnership Grief and Loss Support Service is available for all, including school professionals from 8am to 8pm, 7 days a week call our freephone number **0808 1963833** or chat online here: <https://www.griefandlosswyh.co.uk>

Peer to Peer messaging and webinar app for Headteachers

- Share knowledge and best practice
- Attend weekly support groups
- Get up to date Covid guidance and reports
- All accessible through a smart phone app

Training offer for all school staff

- Access to a wide-ranging mental wellbeing support offer via an e-learning portal
- Support via webinar for school staff based on emerging themes
- Strategic Educational Wellbeing Consultations (Bradford MDC Educational Psychology team)

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