

Support for staff in schools in relation to mental and physical wellbeing



It is unusual times for us all and a time when it is really important we look after our mental and physical wellbeing as well as that of our family, friends and colleagues. We may not be able to see everyone due to social distancing and isolation but it is important we take the time to still talk and check in on the people we know.

For Headteachers, please remember you do have a named Senior Education Adviser (SEA) who you can contact for any support and advice. This may not just be for a school related issue, SEAs can provide support in many ways.

Evidence suggests there are **5 steps** you can take to improve your mental health and wellbeing.

- Connect with other people (ensuring you are adhering to social distancing / social isolation)
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment

More information and advice on achieving these 5 ways to wellbeing can be accessed [here](#). This NHS site also signposts to further information and advice to support people's mental wellbeing.

Mental wellbeing

The Government have produced some [guidance on mental health and wellbeing](#) to support during coronavirus with links to a variety of supporting information.

The [Every Mind Matters](#) website includes a short video about how to exercise at home, plus advice and tips on how to maintain good mental health and manage anxiety during social distancing and isolation.

The NHS have supported [a website](#) to help 'Build your wellbeing and help you cope' in these difficult times. The website provides practical ways to feel calmer and ideas to help people cope.

The NHS has a range of suggested **quality assured apps to support mental health**, which you can access [here](#).

Physical activity

It is important to remain physically active, the recommendation is at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day.

Sport England have produced some, 'Stay in, work out' section on [their website](#) which focused on tips, advice and guidance on how to keep or get active in and around your home for all age groups.

The NHS have produced a number of [home workout videos](#). A range of further information about exercise can be accessed [here](#).

Health Assured

Health Assured, the Employee Assistance Programme is available to staff where their school buys into the service. Health Assured support counsellors have a wealth of experience in supporting on a broad range of issues that affect an individual's work and home life 0800 0305182.

Health-e-Hub from Health Assured

(www.healthassuredeap.co.uk) provides support in the palm of your hand:

Username: Northyorkshire

Password: Council



The Health-e-Hub is a smart phone app which can be downloaded from the Apple or Android app store and is a great health platform full of advice, guidance and factsheets. It also includes personal coaching which is a stress tool – to catch and address stressors before they start to impact on work.

Education Support Partnership

A UK charity dedicated to supporting the mental health and wellbeing of staff in education – emotional support from trained counsellors for all education staff.

Free and confidential helpline available 24/7:

08000 562 561 and / or <https://www.educationsupport.org.uk/helping-you/telephone-support-counselling>

Website links

NHS 5 ways to wellbeing: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Government guidance on mental health and wellbeing: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

NHS every mind matters: <https://www.nhs.uk/oneyou/every-mind-matters/>

4 mental health: <http://learn.4mentalhealth.com/>

NHS apps to support mental health: <https://www.nhs.uk/apps-library/category/mental-health/>

Sport England 'stay in work out': <https://www.sportengland.org/stayinworkout>

NHS home workout videos: <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

NHS fitness ideas: <https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

Heath Assured: www.healthassuredeap.co.uk

Education Support Partnership: <https://www.educationsupport.org.uk/helping-you/telephone-support-counselling>