

5 - SCHOOL STAFF HEALTH and WELLBEING

The resources, training and sources of support listed below are all produced by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use to ensure they are suitable for their staff. ALL TRAINING, RESOURCES AND SUPPORT ARE FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this information sheet or to discuss support for your school or college.

SUSAN

School Health & Wellbeing Project Officer 07753 316916 susan.dyer@slough.gov.uk

INFORMATION, SELF HELP and SUPPORT for SCHOOL STAFF

EDUCATION SUPPORT PARTNERSHIP

[7 strategies to manage anxiety for education staff](#)

[Support for staff through the Coronavirus outbreak](#)

EVERY MIND MATTERS

[Self-help tips for improving sleep](#)

[How to fall asleep quicker and sleep better](#)

[What to do if you are worried about Coronavirus](#)

[Self care tool for teachers](#)

IRIS CONNECT

[5 tips to protect your wellbeing while remote teaching](#)

MENTAL HEALTH FOUNDATION

[How to look after your mental health during the Coronavirus outbreak](#)

MIND

[Coronavirus and your mental wellbeing](#)

MIND ED

[Coronavirus staff resilience hub](#)

PARTNERSHIP FOR CHILDREN

[Mental health activities for staff - looking after your own mental wellbeing](#)

PUBLIC HEALTH SLOUGH

[Health at home](#)

RAISING AWARENESS and GUIDANCE for SCHOOLS

ANNA FREUD CENTRE

[A guide for school staff to look after their own and colleagues' wellbeing during periods of disruption](#)

[A guide for school leaders on promoting staff wellbeing](#)

[10 steps towards staff wellbeing](#)

DEPARTMENT FOR EDUCATION

[Reducing school workload](#)

EDUCATION SUPPORT PARTNERSHIP

[VIDEO: Bereavement & its impact on education staff](#)

[Resources for supporting teacher wellbeing](#)

[BLOG: The impact of Covid-19 on staff mental health & wellbeing and what support is available](#)

NSPCC

[PODCAST: The impact of Coronavirus on school staff and pupils](#)

THE KEY FOR SCHOOL LEADERS

[Supporting staff through illness & bereavement](#)

[Supporting staff who are grieving](#)

YOUNG MINDS

[Caring for the wellbeing of teachers and school staff](#)