

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCES

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

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INFORMATION, SELF HELP and SUPPORT for SCHOOL STAFF

ANNA FREUD CENTRE

[Rebuild & Recover - support for school staff](#)

BUCKINGHAMSHIRE MIND

Workshops for school staff - see flyer below.

EDUCATION SUPPORT PARTNERSHIP

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

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

[ABC Model for stress management](#)

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](#)

[Looking after your mental health as we come out of lockdown](#)

[Returning to school after lockdown](#)

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](#)

[Looking after your own mental wellbeing as you return to school](#)

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](#)

Slough Schools Mental Health Workshops

Buckinghamshire Mind has been awarded funding to deliver **FREE** mental health awareness workshops across 10 schools in Slough, during the academic year commencing September 2020.

We are offering this free package to schools without a Mental Health Support Team.



If you are interested in taking part in this project or would like to find out more information, please email alice.moody@bucksmind.org.uk.

Our package:

- 5x workshops (2-hours) for students, with a choice from a range of mental health awareness topics
- 'Youth Mental Health Aware' online course (4 hours)
4 members of staff can attend, virtual training
- 2x staff workshops (2-hours) supporting staff mental wellbeing

