

# Staff Wellbeing Support

## Information for schools

As part of our Wellbeing for Education Return Project, we have put together a list of just some of the support available locally and nationally around staff wellbeing.

### Webinars

In response to the helpful feedback from schools, the Educational Psychologist Service is dedicating a webinar to staff wellbeing as part of the final phase of the Wellbeing for Education Return Project.

During these challenging times it is important that we look after our own wellbeing so that we have the capacity to support the wellbeing of our pupils. This session will explore the evidence base around teacher resilience, psychologically informed approaches to staff wellbeing and offer a space where teachers are encouraged to share and discuss the challenges they are facing.

The session will be facilitated by two Educational Psychologists.

The interactive psychology webinar is offered on two dates and will run for 60-75 minutes:

**3rd March 3:45pm & 11th March 3:45pm**

To book a place on a webinar, visit:

<https://www.mkpdc.org.uk>

and search the key term "wellbeing" or the dates of the webinars.



### Resources

Public Health England have released a document which aims to signpost and provide quick links to some of the support that is available

[file:///H:/Google\\_Chrome/Public%20Health%20England%20Schools%20Staff%20Wellbeing%20.pdf](file:///H:/Google_Chrome/Public%20Health%20England%20Schools%20Staff%20Wellbeing%20.pdf)

Education Support is a UK charity and website dedicated to supporting the mental health and wellbeing of education staff in schools and colleges. They offer a free, confidential helpline available 24/7.

**Helpline number 0800 562561**

Looking after each other and ourselves: A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption  
- Anna Freud Centre:

<https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf>

For more information and resources, please see the Educational Psychology Team's website:

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer/education/send-services/new-educational-psychologists-service>

### Supervision

Supervision is a core element of health service practice but has been less widely developed in schools. The aim is for supervision to provide an opportunity to think about the needs of pupils who staff have concerns about, or to consider an area of work that the teacher or staff member is finding especially challenging and difficult. One of the key benefits/aims of supervision is that it reduces the feeling of being alone in managing a problem and therefore supports staff wellbeing. (Anna Freud Centre, p.10  
<https://www.annafreud.org/schools-and-colleges/resources/supporting-staff-wellbeing-in-schools/>)

**If you are interested in receiving a session of professional supervision with an Educational Psychologist, please get in touch at:**

[education.psychology@milton-keynes.gov.uk](mailto:education.psychology@milton-keynes.gov.uk)