Additional Resources, Websites and Services Wellbeing for Education Return Project

**Staff Wellbeing Webinar**

**NHS 5 ways to wellbeing**

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

**30.3.30 Approach developed by 4Mental Health**

Website co-funded by NHS England with resources to build your wellbeing, help you to cope and ideas on how to create a Wellbeing Plan <https://wellbeingandcoping.net/>

How to create a wellbeing plan <https://wellbeingandcoping.net/#/id/wellbeing_plan>

Coronavirus and looking after your mental wellbeing. A one-page guide to the 30.03.30 approach. Things you can do to support wellbeing grouped into 30 seconds, 3 minutes and 30 minutes. <https://wellbeingandcoping.net/files/30-3-30.pdf>

**Anna Freud National Centre for Children and Families**

A children’s charity dedicated to providing training and support for child mental health services. Their website has a wealth of resources which provide information on promoting and supporting staff wellbeing:

* Supporting Staff in Schools: [Mentally Healthy Schools](https://mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/)
* A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption: [Looking After Each Other & Ourselves](https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf)
* For senior leaders: [Supporting a Member of Staff with Mental Health Difficulties](https://mentallyhealthyschools.org.uk/whole-school-approach/supporting-a-member-of-staff-with-mental-health-difficulties/)
* Looking at how to best support staff wellbeing in schools: Updated April 2020. Outlines 10 questions that schools may wish to bear in mind when approaching staff wellbeing: [[10 Steps Towards School Staff Wellbeing](https://www.annafreud.org/schools-and-colleges/resources/ten-ways-to-support-school-staff-wellbeing/)](https://www.annafreud.org/schools-and-colleges/resources/ten-ways-to-support-school-staff-wellbeing/)



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**Schools in Mind**

A free network for school staff and allied professionals hosted by the Anna Freud NCCF. It provides a trusted source of accessible information and resources that teachers and school leaders can use to support the mental health and wellbeing of their whole school community <https://www.annafreud.org/schools-and-colleges/>

Recent resources include a booklet: Supporting Staff Wellbeing in Schools which considers what can impact on staff wellbeing and outlines support strategies that can be incorporated into a school’s wellbeing strategy. Includes a section on supervision in schools. <https://www.annafreud.org/schools-and-colleges/resources/supporting-staff-wellbeing-in-schools/>

**Mindful Teachers**

An international community of educators and helping professionals committed to mindfulness and compassion. <http://www.mindfulteachers.org/>

**Education Support**

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** <https://www.educationsupport.org.uk/>

**Useful Infographics/Posters**

Is staff wellbeing on your agenda? (Anna Freud Centre) <https://www.annafreud.org/media/12882/staff-wellbeing-poster-print.pdf>

Education Support helpline <https://www.educationsupport.org.uk/media/hnvd3z1s/helpline-poster.pdf>

Take what you need tokens by Dr Karen Treisman <http://www.safehandsthinkingminds.co.uk/wpcontent/uploads/2020/06/take-what-you-needpdf.pdf>