



Staploe Education Trust

Risk Assessment Appendices

Staff Wellbeing and Support

Updated: February 2021

During this challenging period, it is important that every member of staff takes the time to look after their own wellbeing.

This document provides a number of useful contact details, websites and apps that you can access at any time, dedicated to the support you require.

## Employee Assistance Programme (EAP)

We want to remind all colleagues of this invaluable resource we have available for every individual working in our Trust.

To be able to access this service you can just contact the relevant numbers directly, you don't need to be referred or go via the HR department.

Our Employee Assistance Programme is there to support staff on a range of topics; **providing contacts, resources and services** to assist on a range of subject areas towards your wellbeing.

- **Mental Health Support**
- **Immediate support and 1-2-1 confidential counselling, 24 hours a day, 365 days a year:** by phone, or live online chat - for either home-life issues like anxiety, insomnia, relationship or bereavement or work-life concerns, such as difficulties with colleagues or support for managers.
- **Up to six continuous sessions of counselling**
- **Online CBT** – access to Cognitive Behavioural Therapy
- **Support for those managing others**
- **Financial, legal and practical support** from qualified legal and financial professionals on issues such as:
  - Matrimony
  - Housing
  - Consumer
  - Debt Management
  - Budget Setting
  - Savings and Investments and more
- **A wealth of information on certain health topics:**
  - Healthy Eating
  - Men's Health
  - Women's Health
  - Health Challenges
  - Infant and Toddlers Health
  - Children's Health
  - Adolescent Health

- **Information on a wide range of general life queries:**
  - Elder Care
  - Child Care
  - Work Life Balance
  - Disabled Care
  - Parenting
  - Work

The EAP offers support **24 hours a day** and ensures fast access via telephone, live chat or online.

Attached to this document are staff leaflets which provide a summary of the benefits to staff and an important wallet card.

Do print the wallet card and keep with you at all times, just in case you need it. It may be worth adding the telephone number to your phone as well, so that it's easy to access.

Please do share any of this information with colleagues who may find any of this information useful.

**Key contacts for this service are:**

**Telephone:** 08000 856148

**Online resources:** [www.educationsupport.org.uk/online-support](http://www.educationsupport.org.uk/online-support)

## Mental Health Support

### Every Mind Matters – NHS

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

**Please see below some tips from the Mental Health Foundation on how to look after your mental health:**

- Talk about your feelings
- Exercise
- Eat well
- Keep in touch with loved ones
- Ask for help
- Take a break
- Do something you're good at
- Care for or help others

## Sources of external support and guidance

### **Our Frontline:**

Offers round-the-clock one-to-one support, along with a collection of resources, tips and ideas chosen to support your mental health.

**Text KEYWORKER to 85258 for a text conversation or call 116 123 for a phone conversation** – all in confidence, with a trained volunteer, at any time.

Access to the helpful toolkit and the wellbeing resources available can be found here;  
<https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-keywork/>

**Education Support:** 08000 562 561  
[www.educationsupportpartnership.org.uk](http://www.educationsupportpartnership.org.uk)

**CPFT Psychological Wellbeing Services:** 03003 000 055  
<http://www.cpft.nhs.uk/services/pws/psychological-wellbeing-service.htm>

**Cruse Bereavement Care:** 0808 808 1677  
<https://www.cruse.org.uk/>

**Little Miracles:** 01733 262226  
Supports families that have children with additional needs, disabilities and life limiting conditions.  
<http://www.littlemiraclescharity.org.uk>

**Family support:**  
<https://www.home-start.org.uk>

**Samaritans:** call free 116 123  
<https://www.samaritans.org/>

**Mind:** 0300 1233393 or text 86463  
<https://www.mind.org.uk/>

**Relationship support:** client line - 01302 347866  
<https://www.relate.org.uk/>

**Eat well:**  
<https://www.nhs.uk/live-well/eat-well/>

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

**Mental Health support:**  
<https://www.mentalhealth.org.uk/>

**Citizens Advice Bureau:**  
<https://www.citizensadvice.org.uk/>

### **Help for domestic violence:**

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

- Women can call The Freephone National Domestic Abuse Helpline, run by Refuge on 0808 2000 247 for free at any time, day or night. The staff will offer confidential, non-judgemental information and support.
- Men can Men's Life Advice on 0808 8010 327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) for non-judgemental information and support.
- Men can also call ManKind on 0182 3334 244 (Monday to Friday, 10am to 4pm)
- If you identify as LGBT+ you can call Galop on 0800 999 5428 for emotional and practical support.
- Anyone can call Karma Nirvana on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call 020 7008 0151 to speak to the GOV.UK Forced Marriage Unit

## **Wellbeing Apps – For Phones or Computer**

### **HEADSPACE**

There is a helpful wellbeing app which you may find useful as it offers free access to all teachers, school administrators and supporting staff in the US, UK, Canada and Australia:

<https://www.headspace.com/educators>

Please contact your school or HR for more information

### **CALM**

A wellbeing phone app for meditation and sleep.

### **PHYSICAL ACTIVITY/EXERCISE**

Physical activity is said to have a positive impact on your own mental wellbeing. Not everyone will have the same type of interests, please see below some helpful sites (social distancing will need practicing for some of these):

<https://www.nhs.uk/live-well/exercise/get-active-your-way/>

<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

<https://www.nhs.uk/oneyou/how-are-you-quiz>

**EXERCISE APPS:**

There are many free exercise apps you can download to your phone or tablet/TV at home, on YouTube (e.g. the body coach) or exercise books.