

Resources for Staff Wellbeing



Here's a list of resources to help you improve your wellbeing at school.

Education Support (www.educationsupport.org.uk) - a UK charity supporting health and wellbeing in the education sector

Wellbeing First (<https://educationtraining.hays.co.uk/wellbeing-first>) - staff training courses and resources from Hays

Staffcare (www.staffcareservices.co.uk/our-services/support-line) – local, school based support and counselling for staff

Headspace (<https://verify.sheerid.com/headspace-international-teacher>) - Less stressed. More resilient. Happier. It all starts with just a few minutes a day.

Iris Connect (<https://discover.irisconnect.com/teacher-happiness-and-wellbeing>) - resources to reduce teacher stress and workload

Ten steps towards school staff wellbeing (<https://bit.ly/3p0L1Gh>) - a guide from the Anna Freud National Centre for Children and Families

Supporting staff wellbeing (<https://bit.ly/3bWhqdC>) - further resources from Anna Freud

DfE Teacher Blog – Reducing workload (<https://teaching.blog.gov.uk/category/workload-challenge>) – articles written by teaching professionals about different ways to reduce workload

DfE Teacher Blog – Teacher wellbeing (<https://teaching.blog.gov.uk/category/teacher-wellbeing>) – DfE blogs on teachers' experiences and wellbeing

School staff - mental health and emotional wellbeing (<https://bit.ly/38YxCsM>) - from Partnership for Children

If for any reason you feel you need or would like a 1:1/chat please arrange with someone to check in on you and make sure you are ok!

