



Staff Mental Health and Wellbeing Support

Remember:

- You are not the only one! 1 in 4 people experience mental health and wellbeing issues at some point in their lives.
- There is help and support available - you do not have to face this alone.
- Looking after your mental health and wellbeing is as important as your physical wellbeing.

Top Tips:

1. Take a break from social media. Remember most people only share what they want you to see which isn't always reality.
2. Try to stick to normal routines as much as possible – wake up and sleep times, getting dressed, being active.
3. Diet – think about what you are eating and drinking (avoid alcohol). There is a strong link between food and MHWB.
4. Continue to socialise, face to face, with friends and family as much as possible – this can help with your feelings and recovery.
5. Being active and exercise are positive steps that can help with your feelings and recovery.

Help and support:

- **In School** - informally or formally, via colleagues, line managers, MHWB Champions
- **In School** – Jack Cadman & Dave Simpson, Wellbeing Department who are available to talk to in confidence. This is not shared with anyone else in school. Send them an email or pop and see her to arrange a time to meet before or after school.
- **School Website** - information and local and national support groups available <http://mentalhealth.taptonschool.co.uk/page/?title=Useful+Links+for+Mental+Health+and+Wellbeing&pid=35>
- **Education Support Partnership** – 24 hour, independent, confidential and free helpline – 08000 562 561. Information and advice can also be found on their website <https://www.educationsupportpartnership.org.uk/helping-you/information-advice/wellbeing-and-managing-stress>
- **Sheffield NHS IAPT** – free support and assessment pathway that is found on their website <https://iaptsheffield.nhs.uk/> or can be booked by calling 0114 2264380, offering a 45 minute assessment with a therapist to find the most appropriate form of therapy for you.
- **Private Counsellor or Therapist** – advice and guidance is available at <https://www.educationsupportpartnership.org.uk/blogs/talking-therapies-benefits-how-access-them>
- **Unions** – many have their own support links
- **GP** – book an appointment to discuss with your GP.
- **Referral to an Occupational Health professional** – this can be useful, especially if you have had time of work and will usually be discussed in a return to work meeting. For a referral you will need to speak with Kat Rhodes (for teaching staff) or Debra Kirkham (for support staff).

Returning to school after time off:

If you have had a period of time off school due to stress or other mental health issues, school will look to book a return to work interview with you before your return/as soon as possible on your return to discuss how school can best support.