**Supporting School Staff Wellbeing**

Our school staff have been amazing over the past year. During lockdown, they have adapted to teaching children remotely, battled with technology, worked tirelessly to support the children and families of their schools, whilst also supporting their own families and other staff.

To help and support others, we need to start with ourselves. It is important to remember that Covid-19 and repeated lockdowns will also have had an effect on the mental health and wellbeing of all members of the school staff.

Below are some ideas, links to resources/activities and support information for you to share with your staff to help support their resilience, emotional well-being and mental health.

After Easter, we are will be offering some fortnightly informal wellbeing ‘drop in and chat’ sessions for school staff to come and chat about their wellbeing and to offer some peer support. To make sure we get this right, we will shortly be sending out a short survey monkey, which we hope you will circulate with your staff.

**Webinars**

**Mental Health STAFF Hour** - 4 part series starting the 11th March addressing topics that many staff members have been concerned about. The link for each Thursday at 10 am is - <https://youtu.be/NsJuBCS-B5c>

The first two webinars are:

1. **Taking notice** - **11th March 10am**
2. **Adapting to change – 18th March 10am**

The following two episodes will focus on bereavement and resilience and can be accessed via the same link.

Don’t worry if you miss them as they will be available on the link for the week. All Sam Tyrer, Change Talk videos (Family Hour and Staff Hour) are available on you tube as well. <https://www.youtube.com/results?search_query=sam+tyrer+change+talks>

**The Royal Society of Medicine**. Half day event: ''Transforming mental health in schools and colleges: The mental health of teachers and school staff' - 12 May: This webinar will explore how the mental health of teachers and school staff have been impacted by pandemic school closures, subsequent re-openings, and the pressures of delivering education in unprecedented circumstances. During the programme delegates will have the opportunity to engage in a debate about the impact of the school closures during the UK lockdown period. Link to sign-up: [https://rsm.ac/367sKjo](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2frsm.ac%2f367sKjo&umid=76b8e68a-6d53-4aa0-ad15-5b523cf7607b&auth=438558d5329f5814a0a31cfd8e89073841978136-aa88c63de024c9e63ca02987b2a98e639007ddc7) (They also have webinars on supporting pupils too)

**Resources to build staff wellbeing**

This resource includes tips for senior leaders, to help them support the wellbeing of their staff during the coronavirus pandemic. <https://www.mentallyhealthyschools.org.uk/media/2306/rebuild-and-recover-staff-wellbeing.pdf>

**Mindfulness In Challenging Times**

Have you ever felt stressed? Have you ever felt overwhelmed? If the answer to either of these questions is yes then you will benefit from watching these short films.

<https://www.youtube.com/watch?v=VTmJFBipNr8>

**Move for your Mood**

<https://youtu.be/NvosX5W-ab8>

Explore your Mindfulness with some very simple techniques you can easily weave into everyday life that will support your sense of well-being and increase your emotional resilience.

**Every Mind Matters** Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing. [Every Mind Matters | One You (www.nhs.uk)](https://www.nhs.uk/oneyou/every-mind-matters/)

**Support for staff wellbeing**

**Mindline** it is Countywide and has webchat etc or a phone line <https://cemind.org/our-services/mind-line-cumbria/–>

**Togetherall** is an online site for adults (16+) where you can access (anonymously) information, advice, resources, chat, courses and 1-1 therapy delivered via the web - appointments available 7am-11pm, via audio, instant messaging and video [Togetherall | A safe community to support your mental health, 24/7](https://togetherall.com/en-gb/).

**First Steps** provides free, talking therapies to adults (18+). First Step can help with a range of common mental health problems including mild to moderate depression, anxiety disorders (such as chronic worry, panic attacks, health anxiety and obsessions), mild bulimia, anger or [sleep problems](https://ntw.mixd.co.uk/services/first-step/what-does-first-step-offer/cbt-i-cbt-for-insomnia/).

North Cumbria [First Step | Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk)](https://www.cntw.nhs.uk/services/first-step/) or call 0300 123 9122

South Cumbria <https://www.lscft.nhs.uk/first-step> or contact the **Freephone Wellbeing Helpline and Texting Service**

