

## Mental health and well-being support for Early Years and Childcare providers

### Immediate Support for those feeling stress or worry

- [Hub of hope](#) – A search tool to find mental health support near you, provided by Chasing the Stigma.
- [West Sussex Mind](#) – Support for adults, young people (16-25), carers, older people and families.
- [Every Mind Matters](#) – including support for [work-related stress](#).
- [Samaritans](#)
- [Education Support Partnership](#) – provides support to all staff in education, including those in privately owned nurseries and pre-schools. The helpline is available 24/7 and the caller can provide their details or speak to a counsellor anonymously. There are other resources on the website which might be useful to providers.

### Support for staff mental health and emotional wellbeing

- [Early years practitioner wellbeing support - Help for early years providers](#) - get ideas on how to support the mental health and wellbeing of yourself and other practitioners working in your early years setting.
- [Early Years in Mind](#) is a free online network for early years practitioners.
- [Anna Freud staff wellbeing film](#) is part of a selection of resources relating to the personal, social and emotional development of children in an early years setting.
- Supporting staff wellbeing in early years settings [webinar recording](#) offers multiple perspectives on staff wellbeing in the setting. It includes information around the importance of staff wellbeing and insight from a practice perspective.
- [Early years staff wellbeing: a resource for managers and teams](#) highlights that staff wellbeing needs to lie at the heart of nursery settings.

It contains a [resource pack](#) developed from the findings of a survey of 1,458 staff working in nurseries and preschool settings across England. The resource identifies four key areas that could make a difference to the wellbeing of nursery and preschool staff.

- Supporting each other
  - Supportive management
  - The physical environment
  - Outside support
- [Your mind plan](#) allows you to develop a personalised mental health action plan, with tips and advice to help you look after your mental health and wellbeing.