

School Staff Wellbeing

Issue 4: 8 June 2020

Our Frontline

As a key worker, you are playing a hugely important role but it might feel tricky to take care of your wellbeing at this time.

'Our Frontline' offers free round the clock one to one support, along with a collection of resources, tips and ideas chosen to support your mental health as you do your work.

You can either text or have a phone conversation – all in confidence, with a trained volunteer, at any time. Below, you will find more details about the help that is available, and some other things you may find useful. When you can, take a moment and have a look through. This website is updated regularly, and you may find this useful over the coming weeks and months.

<https://www.mentalhealthatwork.org.uk/ourfrontline/>

Wellbeing support by text for key workers

Shout provides a free 24/7 text support service for anyone who is a key worker during the coronavirus crisis. Text KEYWORKER to 85258 to talk by text with a trained crisis volunteer.

Wellbeing support by telephone for key workers

Whatever you are going through, Samaritans are there to listen - 24 hours a day, 365 days a year. Essential services staff who are working on the frontlines can call free on 116 123 to speak in confidence with a trained listening volunteer.

Coping with going into work during coronavirus

While much of the country stays at home, key workers are required to go to work. Mind provides resources on how to take care of your mental health and wellbeing during this time, and may help you to understand difficult feelings, and ways to find support. <https://www.mind.org.uk/information-support/coronavirus/coping-as-a-key-worker/>

10 stress busters

The NHS outlines ten easy ways for you to reduce the amount of stress you experience. Many of them are quick enough to slot into quiet moments before, during or after work.

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

Support for specific key workers

The range of people who are out working during the pandemic is huge - from rail to retail to refuse. The Mental Health At Work website enables you to choose your particular sector and access resources to support your mental health.

https://www.mentalhealthatwork.org.uk/resource/?resource_looking-for=0&resource_type=0&resource_medium=0&resource_location=0&resource_location%5B%5D=general&resource_sector=0&resource_sector=&resource_workplace=0&resource_workplace%5B%5D=non-office-

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[based&resource_role=0&resource_role%5B%5D=employee-volunteer&resource_size=0&order=relevance&orderby=relevance&meta_key=](#)

Coronavirus and your wellbeing

It isn't only about work though, you might have other worries and issues during the pandemic. This short guide produced by the Local Government Association (LGA) , has advice and guidance for supporting and managing the wellbeing of frontline staff and explores some of the mental health difficulties you might experience, and some ways to stay well. <https://local.gov.uk/our-support/workforce-and-hr-support/wellbeing/wellbeing-front-line-staff>

Extra mental health support for pupils and teachers

New online resources designed by health and education experts will be provided to schools and colleges to boost mental health support for staff and pupils, encouraging them to talk more confidently about the anxieties and concerns they feel as a result of the coronavirus pandemic.

Videos, webinars and teaching materials, produced in partnership with charities, will be made available to schools and colleges, helping to foster conversations about mental health and reassure many young people who are worried about the impact of the virus on their lives.

https://www.gov.uk/government/news/extra-mental-health-support-for-pupils-and-teachers?utm_source=6a4d6818-9fb1-4052-b27f-2a182ba79179&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate