**Support for Mental Health and Wellbeing for Staff**

**Young Minds** - [Click here](https://youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/) - Resources and support for the caring for the well-being of teachers and school staff

**Mentally Healthy Schools** -

* [Click here](https://www.mentallyhealthyschools.org.uk/media/1820/poster-staff-wmhd.pdf) for staff well-being poster
* Supporting Staff Well-being Guidance - [Click here](https://www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/) - Information for SLT on promoting staff well-being
* Looking after each other and ourselves [Click here](https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf)
* Support Staff Well-being in schools - [Click here](https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf)
* Looking after each other and ourselves -[Click Here](file:///E:\Mental%20Health%20and%20Wellbeing\Staff%20Wellbeing\looking-after-each-other-ourselves-final.pdf)
* A wide range of training videos on mental health including well-being for staff - [Click here](https://www.annafreud.org/what-we-do/schools-in-mind/expert-advice-and-guidance-videos/)
* Schools in Mind – Sign up the newsletter and resources - [Click here](https://www.annafreud.org/what-we-do/schools-in-mind/)

**Action for Happiness** - [Click here](https://www.actionforhappiness.org/10-keys) *Ten Keys to Happier Living Website*

* Ten Keys Guidebook- [Click here](https://www.actionforhappiness.org/media/530511/ten_keys_guidebook.pdf)

**Education Support**

* [Click here](https://www.educationsupport.org.uk/) - resources and support for school staff on issues relating to mental health
* [Click here](https://www.educationsupport.org.uk/blogs/7-tips-headteachers-coping-coronavirus-pandemic) - 7 tips for Headteachers coping with the coronavirus pandemic

**BBC Teach** - [Click here](https://www.bbc.co.uk/teach/teacher-support/teachers-open-up-about-mental-health/zbn7cqt) Video clips from Teacher Tips on Mental Health

**Mental Health at Work**

* [Click here](https://www.mentalhealthatwork.org.uk/) Resources and support for schools on mental health and well-being of staff
* [Click here](https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/?utm_source=MIND%20%28THE%20NATIONAL%20ASSOCIATION%20FOR%20MENTAL%20HEALTH%29&utm_medium=email&utm_campaign=11451871_HTWW_MHAW_2_April_Manual_SP_oneoff&dm_i=CZC,6TGBJ,WYJ0ZO,RAZP4,1) Coronavirus and isolation: supporting yourself and your colleagues

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**Mind** - [Click here](https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/)

**The Schools Bus** – Free Mental Health Calendar for school staff (30 Mental Health Tips) - [Click here](https://hub4leaders.co.uk/learning-hub/resources/staff-mental-health-calendar/staff-mental-health-calendar/)

**MHFA** [Click here](https://mhfaengland.org/) - Mental Health Awareness and First Aid courses for staff