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# MENTAL HEALTH AND WELLBEING RESOURCE PACK

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[www.thereachstudy.com](http://www.thereachstudy.com)  
[REACH@kcl.ac.uk](mailto:REACH@kcl.ac.uk)  
07391482947  
Twitter: @thereachstudy  
Instagram: @thereachstudy

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## General information relating to various mental health problems

### Royal College of Psychiatrists

[Mental health problems and disorders | Royal College of Psychiatrists \(rcpsych.ac.uk\)](https://www.rcpsych.ac.uk)

This information is written by doctors in collaboration with patients and carers. It provides clear, easy to understand information about a range of mental health problems and concerns.



## Information and guidance for staff wellbeing

### Mentally Health Schools

[Supporting staff wellbeing : Mentally Healthy Schools](#)

[Supporting a member of staff with mental health difficulties : Mentally Healthy Schools](#)

Information on how schools can support staff wellbeing, strategy and policies, school culture and environment and help and support.



### Education support

[Coronavirus support | Education Support](#)

Mental Health resources for teachers, lecturers and support staff dealing with the Covid-19 crisis, with a focus on topics that have been highlighted as especially difficult.

Tips for managers supporting education staff wellbeing:

[Supporting education staff | Education Support](#)



## Mental Health Foundation

10 tips for how to look after your mental health and wellbeing:

[How to look after your mental health | Mental Health Foundation](#)

[How to look after your mental health during the coronavirus outbreak | Mental Health Foundation](#)

Helpful guides on how to look after your mental health during the pandemic, including topics such as celebrating festivals during the C-19 restrictions, facing winter during the pandemic, parenting during the C-19 outbreak and finance and housing concerns.



## Mental Health at Work

[Mental health and bereavement support for teachers - Our Frontline \(mentalhealthatwork.org.uk\)](#)

Links to support services and advice on teaching during the pandemic and supporting staff wellbeing.



## National Education Union

[Mental health conditions in the education profession | NEU](#)

Advice on what to do if you are struggling with mental health and ways to access support.



## Carers UK

<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-mental-wellbeing>

Advice and tips for carers on how to protect their mental health and wellbeing.



## Free training opportunities for teachers

### COVID-19: Psychological First Aid – FutureLearn

[COVID-19: Psychological First Aid Training Course - FutureLearn](#)



Get psychological first aid (PFA) training and help people with different needs to cope with the emotional impact of COVID-19. Learn how to give practical and emotional support to individuals using PFA.

Psychological First Aid (PFA) is the globally recommended training for supporting people during emergencies and offers guidance on delivering psychosocial care in the immediate aftermath of the emergency event.

On this course, you'll explore the psychological impact of the COVID-19 pandemic and what you can do to help people cope. The course will teach you the key principles of giving psychological first aid in emergencies.

This course has been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners.

### Place2Be – Free online children's mental health training course

<https://www.place2be.org.uk/foundation>

Online children's mental health training course developed from Place2Be's work in schools, enhances professionals' understanding of children's mental health and introduces approaches that foster positive wellbeing in schools and communities.



## Free counselling and support for teachers

### Frontline19

[Free and confidential service for frontline workers - Frontline19](#)

Free independent, confidential and UK based nationwide service delivering psychological support to people working on the frontline.



### Education support

[Telephone support & counselling | Education Support](#)

Free helpline for all serving and retired teachers and education staff



## Extra resources

### [NHS in Mind](#)

NHS in Mind has collated 9 mindfulness and breathing exercises to help alleviate high anxiety, panic and fatigue at this time.

[NHS – finding calm amongst the chaos](#)

Short, guided meditations to help combat stress – collection of videos designed to provide simple tools and techniques to reduce stress wherever you are.



### [Young Minds - School resources](#)

Resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job.



### [Headspace](#)

Free subscription for educators - Everyday Mindfulness and Meditation for Stress, Anxiety, Sleep, Focus and Fitness.



## Further help and signposting

[Samaritans](#) – is available 24/7 for free on 116 123 (UK) and whatever you're going through they're here to face it with you.

[Step Change](#) – is a charity that provides free, impartial debt advice over the phone. Call them on 0800 138 1111.

[BEAT](#) – is the UK's eating disorders charity. They have a helpline available 365 days of the year, 9am – 8pm Mon to Fri and 4pm – 8pm on weekends and bank holidays. Call them on 0808 801 0677 (UK).

[Talk to Frank](#) - provides free practical drug advice, You can call Talk to Frank's helpline on 0300 123 6600 (UK) or text them on 82111 (UK), they're available 24/7.

[Drink Aware](#) - provides advice, information and support on drinking and alcohol misuse. They have a free, confidential helpline for anyone who is concerned about their drinking, or someone else's. Call them on 0300 123 1110 (UK) weekdays 9am to 8pm and weekends 11am to 4pm.