

Mental health support for Headteachers and teaching staff

Here is a reminder of the mental health support available to you internally, via the Council, and externally.

Please do reach out and talk to someone if you are struggling.

Internal support for staff

- Our independent and confidential telephone helpline and counselling service/EAP provided by Vivup can be contacted on: **0330 380 0658 or 0800 023 9324 (free from any standard UK landline or mobile phone).**

Please note that Vivup's Employee Assistance Programme is accessible to School staff, where Shropshire Council is the employer.

- Sheri Wright, Specialist Senior Education Psychologist, is also able to provide counselling support. She can be contacted on: 01743 258414.

Sheri is a Specialist Senior Educational Psychologist who has been counselling employees within Shropshire for over 30 years. She has additional training in Cognitive Behaviour Therapy (CBT) and Trauma-Focused Rewind for the treatment of Post-Traumatic Stress Disorder (PTSD) and phobias. She coordinates a specialist team within the Educational Psychology Service which supports schools following the sudden death of a pupil or teacher. She is coauthor of "No Worries"- a group programme aimed at reducing anxiety, based on CBT principles, which is currently being used with children in many schools in Shropshire and other schools nationally. Sheri provides both individual and group supervision to education professionals including Head Teachers.

- Headteacher peer coaching – access to a peer support programme. Peer support is not intended to replace schemes such as our independent and confidential telephone helpline and counselling service.

A small group of headteachers have been trained in coaching to provide this peer support.

The peer support model is designed to support schools with the implementation of the DfE well-being charter. Full details can be found [here](#).

Headteachers will be able to request a cycle of peer support at any point. The local authority will oversee and monitor the programme as well as funding the training. Headteachers can select potential peer supporters from a list based on location and school size.

It is important to note that peer support is not mentoring. The peer support model is designed to allow headteachers access support when they are faced with particular issues.

Full details can be found [here](#). Headteachers seeking support should contact Steve Compton (steve.compton@shropshire.gov.uk).

- Occupational Health Team: Support can be accessed through a management referral, if you are not sure on the process, please contact the Occupational Health Team by calling 01743 252833 or emailing: occupationalhealth@shropshire.gov.uk between 8.30am and 4.30pm, Monday – Friday.
- Responding to Suicidal Risks in the Workplace: the Occupational Health Team have produced a 'See, say, signpost – three steps to prevent suicide' guide which offers advice if a suicide attempt seems imminent or the person has already harmed themselves, along with a quick reference document.



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Quick reference
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National support:

- [Education Support](#) has free telephone support and counselling from trained experts for headteachers, deputy headteachers, assistant headteachers based in state funded primary and secondary schools.

Education Support provide a FREE helpline for teachers and education workers to talk through all kinds of concerns: **08000 562 561**

Further information can be found online: [Education Support helpline - free and confidential emotional support for teachers and education staff](#)

Education Support also provide resources for staff: [Mental health & wellbeing resources for teachers, education staff & schools \(educationsupport.org.uk\)](#)

- [The Mental Health Foundation](#) has a selection of top tips for teachers for creating mentally healthy schools. It explains that creating mentally healthy schools will always be a task for the whole school community rather than one individual.

- [Mental Health at Work](#) has a range of resources to support employers in creating workplaces which support mental health: [Staff mental health in education – Mental Health At Work](#)
- [Headrest](#) is a free 24/7 telephone support service for headteachers set up by a group of volunteers who are ex-heads themselves. There are a number of ways to get in touch:

Call 0800 862 0110 and leave a message.

Email: hello@headrestuk.co.uk

Complete the form on Headrest's website:
- [Zero Suicide Alliance Suicide Awareness training](#). This online training module takes twenty minutes to complete and will enable you to gain skills and confidence to help someone who may be considering suicide.

National helplines:

- Urgent NHS Mental Health Helpline for those living in Shropshire and Telford and Wrekin: 0808 196 4501
- [Samaritans](#): **Call: 116 123**
- [NHS: Help for suicidal thoughts](#) • CALM: <https://www.thecalmzone.net/>
- [Mind](#):
- [SANEline services](#) – if you're experiencing a mental health problem or supporting someone else, you can call [0300 304 7000](tel:03003047000) (4.30pm–10.30pm every day).