



St John's C of E Academy

Mental Health and Wellbeing websites for staff



Your mental health and wellbeing is extremely important to us. If you need some support with your mental health and wellbeing these websites may be useful.

[Education Support, supporting teachers and education staff](https://www.educationsupport.org.uk)

<https://www.educationsupport.org.uk>

The only UK charity dedicated to **supporting** the **mental health** and wellbeing of **teachers** and education staff.

[Find a local NHS urgent mental health helpline \(England only\)](https://www.nhs.uk/service-search/find-an-urgent-m...)

[https://www.nhs.uk > service-search > find-an-urgent-m...](https://www.nhs.uk/service-search/find-an-urgent-m...)

Find NHS urgent **mental health** helplines for people of all ages. Call for 24-hour **support** from a local service to help you with a **mental health** emergency.

[Mental health and bereavement support for teachers](https://www.mentalhealthatwork.org.uk/Toolkits)

[https://www.mentalhealthatwork.org.uk > Toolkits](https://www.mentalhealthatwork.org.uk/Toolkits)

During the COVID-19 crisis, **educators** might be feeling the pressure more than ever. Twinkl and Mind have some suggestions about what can help

[Mental health and wellbeing support for teachers - BBC Teach](https://www.bbc.co.uk/teach/new-mental-health-and...)

[https://www.bbc.co.uk > teach > new-mental-health-and...](https://www.bbc.co.uk/teach/new-mental-health-and...)

Find out about our **support** area for **teachers** with tips and coping strategies from those who've been there.