



Mental health and wellbeing of teachers

23 Feb 2024

Education Support is the only UK charity focused on the mental health and wellbeing of teachers and everyone working in education. It is sending schools in Ealing a pack of wellbeing resources and guidance for their staff. It includes:

Tools to start their staff wellbeing journey

Schools can use these tools to start their staff wellbeing journey and take action to make real change to the school's culture.

An interactive staff wellbeing toolkit

A carefully selected range of wellbeing tips and exercises to keep staff mentally well. It includes interactive exercises to put things into practice, posters to pop around school, along with information about our services so staff know support is always available.

Your school should receive a pack in the post this from Monday 26 February. Please keep an eye out for it. You can download more copies here: <https://bit.ly/3OS2Mqg>



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