

## **Staff Wellbeing**

In these challenging times employees may want to take advantage of support options:

### **Workplace Options**

Is an employee assistance programme open to staff of schools who buy into the Workplace Options service. The 24-hour helpline, available any day of the week, gives you professional, confidential counselling and advice for work related or personal issues. There is no limit to the number of times you can call. You can contact them by phone, email, online or via instant messaging.

You can call the helpline or chat online about anything that is troubling you whether it's personal difficulties – for example relationships, family matters, stress, loss or bereavement; or work-related issues such as feeling pressure, workload, changes at work, bullying or harassment. All calls are treated in the strictest confidence.

For the staff of schools that buy in they can log in at:

<https://www.workplaceoptions.co.uk/member-login-2/>

Or can be phoned on 0800 243 458. If you don't know your login please ask your school business manager or administrator or contact your school's HR consultant.

Please contact Schools HR Consultancy for more information on how to sign up to the service in you are not already buying in.

### **Able Futures**

Able Futures - Access to Work Mental Health Support Service looks to support people who have mental health difficulties which affect them at work.

Access to Work Mental Health Support Service could be available if an employee can answer yes to the following questions:

- Are you aged 16 or over?
- Are you in/about to start work?
- Do you live in Great Britain?
- Do you have mental health difficulties that impact upon your work?
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We know that mental health conditions such as anxiety and depression mean staff can experience bad days, and stress or bereavement can lead to them struggling at work and feeling unable to cope with everyday tasks. Able Futures is a free and confidential service for those bad days by providing advice, information and support.

Through Able Futures staff can have access to a dedicated person, from outside of the workplace, who will work with them to understand any mental health issues that are affecting their time at work. Able Futures' mentors are also trained to provide advice and guidance on where you can access support topics including health management, skills development and financial management.

The service is free and more information can be found on the EGFL

<https://www.egfl.org.uk/news/2020/02/able-futures-access-work-mental-health-support-service>

Or directly at their website

<https://able-futures.co.uk/>

We in HR have no links with Able Futures, so any contact made by an employee is entirely confidential between the employee and Able Futures.

### **Our Frontline**

A new resource, Our Frontline has been launched to support those under most pressure. Our Frontline is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge. Our Frontline offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health. There is tailored material for staff working in social care, essential roles, the emergency services and health workers.

Again, we in HR have no links with Our Frontline so any contact made by an employee is entirely confidential.

### **Health Improvement in schools**

There are also a vast amount of other resources available around Wellbeing and mental health support during the coronavirus outbreak under the Health Improvement pages on the EGFL

<https://www.egfl.org.uk/elp-services/health-improvement-schools/wellbeing-and-mental-health-support-during-coronavirus>