

MENTAL HEALTH AND WELLBEING SUPPORT FOR STAFF IN DIOCESE OF NORWICH SCHOOLS DURING THE COVID-19 PANDEMIC

FREE AND CONFIDENTIAL SERVICES*

WHO FOR?	ACCESS ARRANGEMENTS	PROVIDER	SUMMARY INFORMATION
ALL EDUCATION STAFF	First contact by email to request a conversation (using the contact list provided) Then by phone as agreed between parties	<ul style="list-style-type: none"> Diocesan School Support Officers (DSSOs) 	A 'listening ear' for anyone wanting someone to talk to. All are former headteachers in Church of England schools.
	24/7 telephone helpline 08000 562 561	Education Support Partnership	The only UK charity dedicated to supporting the mental health and wellbeing of education staff. The helpline is operated by fully trained counsellors on hand to listen and help you find a way forward.
	First Response 24/7 telephone helpline 0808 1963494	Norfolk and Suffolk NHS Foundation Trust (NSFT)	Mental health professionals will provide reassurance, self-help advice, support and signposting. It is available to members of the public of any age, regardless of whether they are an existing NSFT service user. https://www.nsft.nhs.uk/Pages/Mental-health-helpline-goes-live.aspx
TEACHERS	Sign up using your mobile phone number (or email): https://chartered.college/teachtogether/	Chartered College of Teaching	The 'TeachTogether' service is designed to help teachers through this critical period. You'll receive a maximum of one text per week with stories from other teachers, evidence-based advice on wellbeing with links to optional activities.
HEADTEACHERS* (Charges apply)	<ul style="list-style-type: none"> Introductory phone call to discuss needs/wishes Up to 6 video sessions via a secure broadband network connection and agreed secure platform or via telephone 	Mary-Jo Hill (Professional Coach) Coach for School Improvement Email to request first contact: paul.dunning@dioceseofnorwich.org	This CONFIDENTIAL 1:1 coaching offers routine supervision over six sessions to help leaders retain perspective and good mental health while leading in extraordinary circumstances.

NB Some schools will also have access to services that have been purchased e.g. from Educator Solutions.