



Wellbeing, Stress & Mental Health Support for Staff



Support for yourself

Your school has a Mental Health First Aider, who you can go to if you're feeling overwhelmed or stressed about your workload.

At Elveden your MHFA is Zoe Maguire
At Forest your MHFA is Tammy Wright



Support for you and your family members

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.
- If you need urgent help text YM to 85258.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, Three, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



Where can I find Wellbeing, Stress and Mental Health Support for myself and my family?

There are various websites that offer advice and support for wellbeing, stress and mental health.
'<https://www.mind.org.uk/?gclid=EAlaIqobChMI7Jn1seLV5QIVy7HtCh0PfgzWEAAYA>



Parents Helpline

- Our Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.
- Call our free helpline for confidential, expert advice on 0808 802 5544.
- Available Mon-Fri from 9.30am to 4pm- available in England, Scotland, Wales and Northern Ireland.
- Out of our operating hours, you can contact the Parent Helpline via our online contact form.



Samaritans

- 24 hour confidential listening and support for anyone who needs it. (Adults included.)
- jo@samaritans.org
- Phone 116 123 (24 hours).



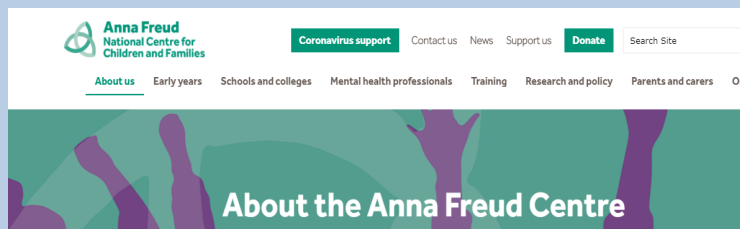
Childline

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours).
- Chat 1-2-1 with a counsellor online.



The Mix

- Information, support and listening for people under 25.
- Phone 0808 808 4994 (24 hours).
- Get support online.



About the Anna Freud Centre