

Health and wellbeing drop in sessions for staff – spring term 2021

From 1 February 2021 and initially during the spring term, the Trust will be holding short one to one wellbeing drop in sessions for employees each Monday between 3.30pm and 4.30pm. These will be 10 minute slots via zoom to discuss concerns you may be facing during this lockdown period, employee benefits, the counselling service and all things health and wellbeing.

To request a 10 minute appointment, please email hr@hamwic.org

In the meantime, a reminder of the counselling and mental health support offered to all staff is listed below. Further information and contact details can be found on our intranet pages <https://intranet.hamwic.org/health-wellbeing-for-staff/>

- Free employee counselling service/Employee Assistance Programme (EAP) through Health Assured. Employees and immediate family members can access confidential counselling through the help desk, 7 days a week.
- A programme offering 9 months of professional mental health support through Able Futures (8am to 10.30pm Monday to Friday)
- The Department for Education is providing additional support for both pupil and employee wellbeing in the current situation. Information about the [extra mental health support for pupils and teachers](#) is available.
- The [Education Support Partnership](#) provides a free helpline for school employees and targeted support for mental health and wellbeing.
- Employees may also find the free meditation app through Headspace useful. Meditation has been shown to help people stress less, focus more and be happier. Headspace will help train your mind for a healthier, happier life. Please see our Health and Wellbeing pages for further information. <https://intranet.hamwic.org/health-wellbeing-for-staff/?top-category=staff-benefits>

Please visit our Hamwic Health and Wellbeing intranet pages for other services and benefits available to staff <https://intranet.hamwic.org/health-wellbeing-for-staff/> and also see the poster below from the Anna Freud National Centre for Children and Families who offer 'Shout' a 24 hour text message support service.

Crisis messenger for school staff



Anna Freud
National Centre for
Children and Families

shout
85258
here for you 24/7

Feeling overwhelmed? Struggling to cope?



Text **AFC** to **85258**

Text the free, confidential textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists

The AFC Crisis Messenger text service is a free, confidential, 24/7 text message support service for any education professional who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better. We can help with issues such as anxiety, worry, panic attacks, bullying and depression and are here to talk at any time of the day or night.

If you need support, you can text **AFC** to **85258**.

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