

# Mental Health Resources List

## STAFF



Resource	Produced by	E-mail address	Notes
Mental Health Advice for Teachers Working From Home	NASUWT	<a href="https://www.nasuwt.org.uk/advice/health-safety/coronavirus-guidance/mental-health-advice-teachers-working-from-home.html">https://www.nasuwt.org.uk/advice/health-safety/coronavirus-guidance/mental-health-advice-teachers-working-from-home.html</a>	Comprehensive guidance giving tips on managing your mental health during this time
Teachers mental health	Education Support	<a href="https://tinyurl.com/u73rxrx">https://tinyurl.com/u73rxrx</a>	Education Support is a charity supporting educational professionals who are suffering the consequences of many factors causing severe pressure.
Teacher wellbeing resources during Covid-19	The General Teaching Council of Scotland	<a href="https://www.gtcs.org.uk/News/news/teacher-wellbeing-resources-covid-19.aspx">https://www.gtcs.org.uk/News/news/teacher-wellbeing-resources-covid-19.aspx</a>	In order to provide support, over the coming weeks GTC Scotland will collate and create resources that teachers may find helpful to manage their wellbeing in these most difficult of circumstances.
Looking after ourselves and others and Supporting staff wellbeing in schools	Anna Freud Centre	<a href="https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf">https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf</a>  <a href="https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf">https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf</a>	Two excellent little booklets that are free to download

Make it Count: Guide for teachers	Mental Health Foundation	<a href="https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-teachers">https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-teachers</a>	Teachers need to look after their own mental health and wellbeing and this guide offers advice for teachers as to how they can do that.
Mental Health and Wellbeing Support for Teachers	BBC Teach	<a href="https://www.bbc.co.uk/teach/teacher-support/new-mental-health-and-wellbeing-support-for-teachers/z4g4scw">https://www.bbc.co.uk/teach/teacher-support/new-mental-health-and-wellbeing-support-for-teachers/z4g4scw</a>	The BBC working with the charity Education Support offer guidance to help teachers through some of the biggest pressures and challenges they might face as a teacher.
Managing your mental health during the coronavirus outbreak	Mental Health UK	<a href="https://tinyurl.com/uplo5f6">https://tinyurl.com/uplo5f6</a>	Information and tips for managing your mental health during the coronavirus outbreak.
Coronavirus: 8 ways to boost teachers' wellbeing	TES	<a href="https://www.tes.com/news/coronavirus-8-ways-boost-teachers-wellbeing">https://www.tes.com/news/coronavirus-8-ways-boost-teachers-wellbeing</a>	The Anna Freud National Centre for Children and Families, a London-based charity, has compiled a list of eight tips for boosting wellbeing during periods of disruption.
Staff mental health in education	Mental Health at Work	<a href="https://www.mentalhealthatwork.org.uk/toolkit/staff-mental-health-in-education/">https://www.mentalhealthatwork.org.uk/toolkit/staff-mental-health-in-education/</a>	A collection of ideas, advice, resources and examples for people across the sector: primary, secondary and further education