

Wellbeing and Mental Health Support

Teaching is full of ups and downs, and the training year can feel intense at times. It's worth using strategies to look after your mental health and wellbeing right from the start.

If you do find yourself feeling worried or overwhelmed, or experiencing anxiety or stress, there are a range of sources of support for you. We encourage you to talk to your Subject Mentor, Professional Lead, and Subject Lead. Your placement schools will have resources and systems for supporting staff wellbeing – your PL can help you to access these.

General wellbeing resources



<https://actionforhappiness.org/>

Lots of information and resources. Also – calendars for each month with actions to promote wellbeing.



Five Ways to Wellbeing

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

Support networks and affinity groups

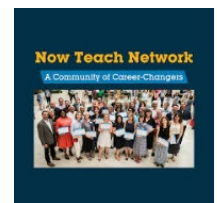
<https://lgbted.uk/>

<https://www.bameednetwork.com/>

<https://womened.org/>

<https://disabilityeduk.org/>

<https://nowteach.org.uk/>



<https://mix-ed.org/>

<https://blackteachersconnect.co.uk/>

<https://flexibleteachertalent.co.uk/>

For mature career changers



<https://www.mtpt.org.uk/>
For parent-educators

Health and wellbeing services



University of
BRISTOL

As a student registered with the University of Bristol, you are eligible to use the Student Support Services, which include counselling, disability services, support for reporting bullying or discrimination, and a multi-faith chaplaincy

<https://www.bristol.ac.uk/students/support/wellbeing/>

You can find links in the University course handbook to the groups and services below:

- The **University of Bristol Students Union** has over 400 **clubs and societies**, including national, regional, cultural and faith-based societies.
- **Support for Black, Asian and Minority Ethnic students**, including paid Student Advocates in each Faculty, the Be More Empowered for Success programme, and Black Men and Black Women talk: Black Asian Minority Ethnic students
- **Disability support services**
- **Gender equality initiatives**, including the Athena Swan Charter and returning carer's scheme
- **LGBT+ initiatives**
- **The Multifaith Chaplaincy**
- **Race equality initiatives**, including the Race Equality Charter and initiatives to research the University's connections to slavery and develop actions to repair these legacies
- **Sanctuary Scholars and Student Action for Refugees**
- **The 93% Club** supports state school educated and/or low-income students

Education Support is a charity that specialises in supporting and promoting the mental health and wellbeing of education professionals, including trainee teachers. They offer a free confidential helpline, counselling, and lots of resources for guidance and self-help.



<https://www.educationsupport.org.uk/>

<https://www.educationsupport.org.uk/resources/for-individuals/>

Mind is a charity that specialises in supporting and promoting mental health and wellbeing. You can access advice and support, including a step-by-step guide on when and how to seek help. They also have a range of resources and support services specialising in different types of mental health support, for example relating to finances, LGBTQ+ and bereavement.



<https://www.mind.org.uk/information-support/guides-to-support-and-services/>

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/where-to-start/>

Useful resources

- Circle of control, influence and concern - <https://www.educationsupport.org.uk/media/pkmh25we/11-circle-of-control-influence-and-concern.pdf>
- Psychological safety guide - <https://www.educationsupport.org.uk/media/danhwsk3/2-psychological-safety-in-schools.pdf>
- Building blocks of good mental wellbeing - <https://www.educationsupport.org.uk/resources/for-individuals/guides/the-building-blocks-of-good-mental-wellbeing/>
- Wellness Action Plan - <https://www.mind.org.uk/media/12145/mind-wellness-action-plan-workplace.pdf>
- Setting boundaries - <https://www.educationsupport.org.uk/media/qzbhv3o4/16-setting-boundaries.pdf>