

## **TrinityLearning: Links to national and local organisations offering mental health support for education staff and pupils**

### **MindEd Hub**

This is a free NHS and Department of Education hub for mental health support with a dedicated section for those working in education settings, including information relating to looking after yourself, and managing stress and trauma. <https://mindedhub.org.uk/top-tips-for-staff-in-education-settings/>

### **Education Support Partnership 24/7 support service**

UK-wide: 08000 562 561 day or night

**This service is free and available to all school staff.** This organisation provides mental health support for those in the education workforce. They offer counselling, coaching, and referrals via phone or text service. They can offer financial support and advice for those experiencing hardship. Their website has a range of online resources including some excellent advice on supporting each other in schools. <https://www.educationsupport.org.uk/get-help/>

### **Oxford Health 24/7 mental health helpline for adults and children in Oxfordshire & Buckinghamshire available through calling 111**

This service is designed for those who need mental health care when their situation is not life threatening. It can be used to find out when and where to get help and to access support from mental health professionals for a range of conditions and symptoms including anxiety, low mood, stress, and worry.

### **The Centre for Emotional Health**

The Centre for Emotional Health website <https://www.centreforemotionalehealth.org.uk> has a range of useful advice and activities specifically collated and produced for use at this time. We particularly liked the many useful [resources for families](#).

### **Useful resource - MIND End of the Day Checklist**

This simple checklist will help you to reflect on your day, acknowledge things that were difficult and consider things that went well. It will encourage you to choose an action that signals the end of your day, helping you to switch your attention to relaxing and recharging. [Going Home Checklist \(pdf\)](#)

**If you, a child you teach or a family you know is suffering from a recent bereavement or parental divorce/separation, TrinityLearning has free help and advice packs for adults working with affected children.** Please email [trinitylearning@gmail.com](mailto:trinitylearning@gmail.com) if you would like to know more.