

• NOTICE BOARD •

Mental Health and Wellness for Teachers and School Staff

This noticeboard has come to you via
www.TeachersMentalHealthAndWellness.com

FREE RESOURCES

- **How to talk to your GP about your mental health**
www.mentalhealth.org.uk/publications
- **Rethink Mental Health**
www.rethink.org/factsheets
- **Time to change**
www.time-to-change.org.uk/resources
- **National Centre for Mental Health**
www.NCMH.info/leaflets
- **www.mind.org.uk** – search for 'WAP'

CONFIDENTIAL HELPLINES

- **Education Support Partnership** (for teachers) (free, 24/7) 08000 562 561
- **Samaritans** (free, 24/7) 116 123
- **Anxiety UK** – infoline (small charge, M–F 9:30am–5:30pm) 08444 775 774
Text service: 07537 416 905
- **Mind** – infoline (small charge) M–F 9am–6pm) 0300 123 3393
Text 86463

Mental Health – Urgent Help?

Go to www.mind.org.uk
and click on the button

> **I need urgent help**

Talk to your SLT about:

Anxiety
Depression
Concerns
Workload
Colleague Issues
Stress
Problems in and out of work

The BIG 5 for mental wellness:

- Eat well
- Sleep well
- Keep fit and healthy
- Reduce stress
- Talk to people

Where on the web?

- **MIND** - infoline
www.mind.org.uk
- **RETHINK MENTAL ILLNESS**
www.rethink.org
- **TIME TO CHANGE**
www.time-to-change.org.uk
- **SANE**
www.sane.org.uk
- **CALM** – for men
www.thecalmzone.net