



Helping School Staff To Sleep Soundly



Visit: <https://derbyandderbyshireemotionalhealthandwellbeing.uk/>
for FREE monthly mindfulness sessions!!

Recently Launched Education Community

A hub of trauma-informed resources, support and advice related to grief, loss and bereavement designed to enable you to support your students.

A dedicated Staff Wellbeing section of resources to help you look after yourself during these challenging times.

<https://www.educators-barnardos.org.uk/>



Education Support Helpline:

TEL: 08000 562 561 day or night
to speak to a trained counsellor.

Text: 07909 341229

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



#3goodthings

Take to Twitter to share 3 good things from your day. #positivity #gratitude



#3GOODTHINGS

Slumber - the Sleep App

The app that puts you to sleep. With sleep meditations, soothing stories, music and soundscapes.



Headspace for Educators

Headspace offers free access to all teachers, school administrators, and supporting staff. Start your free subscription.

<https://www.headspace.com/educators>



Every Mind Matters for Better Health

Why not create a free NHS-approved 'Mind Plan'?

www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/



February 4th - Time to Talk Day

Find out how to get involved or download resources and activity packs.

<https://www.time-to-change.org.uk/get-involved/time-talk-day>



A small conversation about mental health has the power to make a big difference