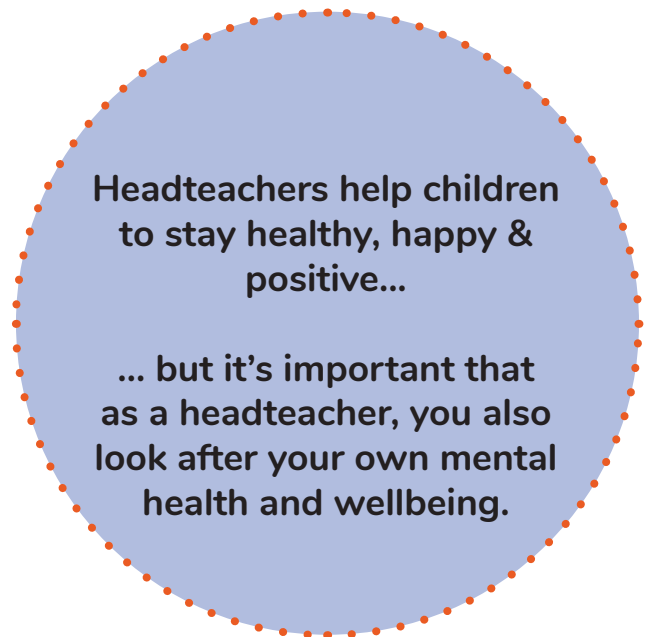


Mental Health and Wellbeing Support for Headteachers

November 2020

Here's some of the support available:



1. Urgent mental health support

If you need help for a mental health crisis, emergency or breakdown, you should get immediate expert advice and assessment. You can talk about anything that's troubling you, no matter how difficult: phone the NHS Mental Health Crisis Service on **0300 200 0011**

2. Free leadership support available from your local authority

This service provides up to three 1-2-1 sessions of 50-75 minutes. Further sessions are available for an additional fee to the school.

Sessions are confidential unless there is a safeguarding concern.

Here are professionals currently available to provide support:

Penny Brown

Penny is an experienced Head Teacher with a strong track record of success in raising standards in schools in challenging circumstances in Derby and Derbyshire. Penny has taught in all year groups from R-Y6 and led on curriculum development and SEND.

Throughout her career Penny has gained a strong moral purpose which has driven her to share her expertise, knowledge and experience with future education specialists, teachers and leaders. In her recent roles as an LLE and Executive Principal for three schools, Penny has experience of supporting and developing heads and leaders through coaching, training and mentoring. Penny is currently running a Learning Hub with a focus on supporting vulnerable pupils and those with SEND. Contact Penny at: **littleoverlearninghub4a@gmail.com**

Vivien Hyde

Vivien has taught all the primary age ranges and has worked as an experienced Head also leading on literacy, assessment and SENDCO. Vivien gained an M.Ed. in school improvement from Nottingham University in 1985. In 2003 she was then commissioned to work as a primary adviser for Leicester City mainly supporting the vulnerable schools. More recently (2015) Vivien has been contracted to work for Warwickshire as a Learning Improvement Officer working again with vulnerable schools. She has a wealth of experience of supporting heads, staff and governors. She is also a governor of a school in Derby working with the Head through the Covid-19 crisis.

Contact Vivien by emailing **Vhyde03@aol.com** or **vivienhyde@warwickshire.gov.uk** or by calling **07798 647866**.

Jane Killingbeck

Jane has extensive experience working in close partnership with primary and secondary school leaders in different contexts, including as an LA English and School Improvement Advisor across local authorities and as a Leadership Coach. Her recent accreditation is a Masters' qualification in Executive Coaching and Mentoring (ILM 2019.) Jane's style is democratic, passionate about making a difference through solution focused support to achieve required or desired outcomes. She is an active member of Association for Coaching (AC), the European Mentoring and Coaching Council (EMCC), The Trusted Coach Directory. Jane is an experienced and practising Leadership Coach working also with school leaders and PGCE trainees as an Associate Teaching Fellow / Tutor at Warwick University, as AQA hub lead with Oxfordshire schools, a Warwickshire primary school governor and independent consultant. She welcomes any questions about the process of coaching.

Contact Jane at: **Janekillingbeck2020@gmail.com** or **07816 072457**.

Jacqui Lemaitre

Jacqui Lemaitre is an experienced educationalist with many years working in community and faith and non-faith schools. She is a current National Leader of Education working with many Headteachers all over the country as well as a C.E.O for five large primary schools around London. Previous to this role Jacqui worked for 15 years as a Head teacher, 6 years as an Executive Head Teacher and ran a successful Teaching School for 5 years, supporting many schools to Good across Worcestershire and Warwickshire. She has teaching and leadership experience across the primary age range and is also currently working supporting local Governing Boards through targeted training and support. She is a trained School Improvement Partner and Ofsted Additional Inspector and holds a Master of Arts Degree in education. She has written for The Guardian newspaper and carried out several research projects around Special Educational Needs and Leadership structures. Contact Jaquie on jacqui@jlemaitre.co.uk

Catherine Nyman

Catherine enjoys supporting school leaders across the West Midlands and has taught in all Year groups R-Y7. She has considerable experience as a school leader and head, most recently leading a school in Special Measures. Catherine has an M.Ed. in School Improvement (Exeter), NPQH and a Prof. Diploma in Coaching (Warwick), with associate membership of the Association for Coaching. Catherine was subject expert in Primary Literacy/School Leadership coaching for a large National MAT 2019-2020. Catherine is a practising professional coach working with school leaders of all types. Catherine enjoys working with system leaders in her commissioned work from Warwickshire LA for two days a week and is private LIO and coach across the West Midlands.

Contact Catherine by emailing cj@nymancoachingassociates.uk or catherinenyman@warwickshire.gov.uk or calling **07980 552963**.

Michelle Pickering

Michelle Pickering is a very experienced independent school improvement consultant, coach mentor and trainer. As a reputable head teacher in Birmingham she had experience of leading a school out of special measures. Michelle has worked as a senior school improvement officer with Local Authorities across the country and led inspections for OFSTED; she has been contracted by Warwickshire as a Learning Improvement Officer since 2014 and has extensive experience working alongside many leaders across the county.

Michelle has developed and delivered a range of coaching and training opportunities for school leaders. She is currently active on the Department for Education Register of External Expertise.

Contact Michelle by emailing Michelle@1st-class-school-improvement.co.uk or by calling **07984 792213**.

Gill Weston

Gill Weston has over 35 years successful experience in education as a teacher and leader, much of which has been working in the Midlands region. Roles have included Assistant Director of Children's Services for Education, Learning and Skills; Primary Strategy Manager; School Improvement Partner and Adviser, and Improvement and Development Officer for children's centres. Gill is now a freelance education consultant working with school leadership teams in a range of partnerships including teaching school alliances, multi-academy trusts and local collaborative groups. Her work includes: research based leadership coaching and development work for groups and individuals; training in curriculum leadership; advising governors for headteacher performance management and headship appointments. Contact Gill at gillian.weston@westoneducation.co.uk

For specific coaching or support in relation to your Early Help or DSL role please contact Roy Garner, Targeted Support Officer – Headteacher Coach: roygarner@warwickshire.gov.uk or **07917 515826**

Other Resources available for you and your staff

Other useful helplines:

Mental Health Crisis Team
0300 200 0011

Mental Health Matters
0800 616 171

Sane (4.30-10.30pm)
0300 304 7000

Saneline (24 Hours)
08457 678 000

Samaritans (Free – 24 Hours)
116 123
jo@samaritans.org

The Lighthouse Counselling Service
02476 440 095
info@lighthousechristiancare.co.uk

Samaritans (Coventry)
02476 678 678

Alcoholics Anonymous (Free)
0800 9177 650
help@aamail.org

National Debtline
0808 808 4000

Gamcare (Gambling Advice Line)
0845 600 0133

Assist Trauma Care Support Line
01788 560 800

Gingerbread – Single Parent Helpline
0808 802 0925

No Panic Helpline
0844 967 4848

National Mind Info Line
0300 123 3393
info@mind.org.uk or text: 86463

National Mind Legal Line
0300 466 6463
legal@mind.org.uk

Useful Organisations/Projects:
Recovery & Wellbeing Academy
0300 303 2626 or 02476 229 988
Recovery.Academy@covwarkpt.nhs.uk
pathways@cwmind.org.uk

Change, Grow, Live (CGL) Coventry
02476 010 241
Coventry.info@cgl.org.uk

Coventry Rape and Sexual Abuse Centre
02476 277 777
info@crasac.org.uk

Cruse Bereavement Care
0808 808 1677
helpline@cruse.org.uk

Independent Advocacy Service
02476 697443

National Centre for Domestic Violence
0800 970 2070
office@ncdv.org.uk

Coventry & Warwickshire Relate
02476 225 863
info@relatecoventry.org

Coventry Haven – Women's Aid
02476 444 077
info@coventryhaven.co.uk

The National Careers Service
0800 100 900

Abacus Counselling Service
02476 226 623

The Lighthouse Counselling Service
02476 440 095
info@lighthousechristiancare.co.uk

Bipolar UK
020 7931 6480
info@bipolaruk.org.uk

Bipolar UK Coventry Support Group
0333 323 3885
groupdevelopment@bipolaruk.org

Anorexia & Bulimia Care
03000 11 12 13

Anorexia & Bulimia Care

03000 11 12 13

Springfield Mind

01789 298 615

enquiries@springfieldmind.org.uk

North Warwickshire Counselling Service

02476 320 095

info@nwcounselling.org.uk

Sycamore Counselling Service

02476 744 544

Together Peer Support Service

02476 796 416

ian-sykes@together-uk.org

CWM Counselling Service

02476 017 235

lois@cwmind.org.uk

Apps & Online Communities:

Apps for Mental Wellbeing:

Headspace

Silvercloud

Reasons2

RCPsych Mental Health App

Five Ways to Wellbeing

Wrap – Wellness Recovery Plan

Happier

Diary Mood Tracker - Daylio

Catch it

Mental Health Recovery Guide

Calm Harm

Stay Alive

Apps for Anxiety & Depression:

WellMind

Wat's Up?

SAM: Self-help for Anxiety Manage'

Mood Tools – Depression Aid

Fear Tools – Anxiety Kit

Anxious Minds

Just6

Relax Melodies

Apps for Eating Disorders:

Rise Up – ED App

Recovery Record – ED App

Professional Associations:

NAHT: 0300 30 30 333

ASCL: 0116 299 1122

NEU: neu.org.uk/tags/mental-health

NAS/UWT: 03330 145550 ask for member support

If you are aware of any other resources which you think support headteachers wellbeing, please share them with

margotbrown@warwickshire.gov.uk

Talk to your Chair of Governors!

- Governor Services have shared this information with Chairs of Governors