

# A full list of resources to support Headteachers with their own mental health and wellbeing

Here's some of the support available to you and your staff:

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## 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.

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Here are professionals currently available to provide support:

**Paul Weston**

Paul has a wealth of educational experience. He has taught in a wide variety of schools of different size, type and location. Paul has extensive headship experience, also working as an adviser and education officer for two Midlands local authorities. Paul gained a Master of Arts degree in School Improvement from

Headteachers help children to stay healthy, happy & positive...

... but it's important that as a headteacher, you also look after your own mental health and wellbeing.

Nottingham University, studying with Professor David Hopkins. Paul has had considerable inspection experience and was HMI for eight years. Most recently, he was Head of Education Standards and Improvement in a West Midlands local authority. He is now an independent education consultant.

Contact Paul by emailing **paul.weston@westoneducation.co.uk** or calling **07808 167581**.

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## **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**.

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## **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 **vivianhyde@warwickshire.gov.uk** or by calling **07798 647866**.

## 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.pickering1966@outlook.com](mailto:michelle.pickering1966@outlook.com) or [michellepickering@warwickshire.gov.uk](mailto:michellepickering@warwickshire.gov.uk) or by calling 07984 792213.

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### 3. Employee Wellbeing Support Service

Access to a dedicated telephone support line and website is available 24/7, 365 days a year. For more information, contact [jameslong@warwickshire.gov.uk](mailto:jameslong@warwickshire.gov.uk)

### 4. Warwickshire Educational Psychology Service

This service provides coaching support, anxiety reduction, and has information on imposter syndrome. For more information email [eps@warwickshire.gov.uk](mailto:eps@warwickshire.gov.uk) or call 01926 742941

[Covid-19 support from Warwickshire Educational Psychology Service](#)

### 5. Other support available online

[Coventry and Warwickshire Partnership Trust](#) – taking care of mind, body and emotions during the coronavirus outbreak

[A 7 minute YouTube video on managing stress and sustaining resilience](#)

[A 3 minute YouTube video focussing on breathing to relax](#)

<https://recoveryandwellbeing.covwarkpt.nhs.uk> for more online self-help videos

[An online course for staying mentally well during Covid-19](#), recommended by the EEF research school at St Matthew's Research School

[Education Support](#) is a charity dedicated to improving the health and wellbeing of the entire education workforce. They provide a free and confidential helpline For useful information and a whole host of mental health resources visit

<https://www.warwickshire.gov.uk/mentalhealth>

[A free Resilient Leaders Development Programme](#)

## 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

### **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

**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](https://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](mailto:margotbrown@warwickshire.gov.uk)

### **Other resources that are coming soon:**

- CPD for headteachers focussed on coaching so that heads can support their peers – via centrally held WISSSP funding – aiming to build sustainability into the system
- Formal DSL counselling support – specific training and trauma informed support – via Marina Kitchen
- A wider list of private coaching support available

### **Talk to your Chair of Governors!**

- Governor Services are sharing this information with Chairs of Governors

### **Many thanks to the following for their controbutions:**

**Kate Sahota**, Lead Commissioner (Family Wellbeing)

**Dr Jivan Culshaw**, Principal Clinical Psychologist, Psychological Skills Development Service Lead, Coventry and Warwickshire Partnership Trust

**Marina Kitchen**, Service Manager (Initial Response and Early Support)

**Anne Ricketts**, Principal Educational Pyshcologist and SENDAR lead

**Helen Martin**, Executive Director, Gateway Alliance

**Alice Edwards**, Wellbeing Senior Officer

**Trish Kinsella**, Lead Commissioner for Strategic People Improvement

**James Long**, WES

**Catherine Nyman**, WCC school improvement