

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:

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:

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**.

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**.

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**.

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 **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

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 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

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

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