

Mental Health and Wellbeing Support for Headteachers

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.

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

**If you feel you require
urgent mental health
support**

Phone the NHS Mental Health Crisis Service:
0300 200 0011

Need a listening ear?
Free leadership
support is available
from your local
authority.

We have a team of
school improvement
professionals to lend
a listening ear. Some
will already be known
to you in their role as
Learning Improvement
Officers or Task Group
Chairs but this will be
different. You may
prefer not to talk to
someone you have
worked with before,
or you may wish to
continue a relationship.

Up to three 1-2-1 sessions of 50-75 minutes are provided free of
charge. 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:**

Catherine Nyman
cj@nymancoachingassociates.uk
catherinenyman@warwickshire.gov.uk
07980-552963

Paul Weston
Paul.weston@westoneducation.co.uk
07808-167581

Vivien Hyde
Vhyde03@aol.com
vivienhyde@warwickshire.gov.uk
07798-647866

Michelle Pickering
Michelle@1st-class-school-improvement.co.uk
michellepickering@warwickshire.gov.uk
07984-792213

**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

**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**

**Follow
@Headsup4HTs
on Twitter**

A platform providing informal, supportive and positive conversations with peers. This Twitter account is run by an experienced education coach who offers direct messaging support and virtual sessions.

**[www.education-
support.org.uk](http://www.education-support.org.uk)**

A charity 'dedicated to improving the health and wellbeing of the entire education workforce' provides a free and confidential helpline.

