

# STAFF WELL-BEING – COVID19

Reintegrating back to school life can be a challenge at any time but that demand is even higher during the current climate of uncertainty and change. Below we have gathered a information, resources and services that should support you, your colleagues and your school families in this process. Remember, we are all in this together. Thank you.

## KEY POINTS TO CONSIDER ABOUT YOU.

### SHARING IS CARING

it is good to talk whether this be with your work colleagues or friends, family or mentors away from your work place to share concerns.

### BALANCING FAMILY and WORK RESPONSIBILITIES

how to manage expectations without making things worse....

### HEALTH CONCERNS

heightened anxieties about contracting the coronavirus.

### MONEY PROBLEMS

support with financial issues.

### RETURNING TO ROUTINES

remember the benefits of routines for all, including you!

### PARENTS/CARERS

get involved in helping to identify your child's anxieties around returning to school and help to devise an action plan together with your child and class teacher to help ease their return.

## SUPPORTING STAFF

[LIVE WELL KENT](#) - we can help you improve your mental and physical health and wellbeing. It is a free service for anyone aged 17 and over. You might want to improve your everyday living, become more independent and confident, meet new people, get better skills or find a job. Whatever it is, we're here to help. We won't judge you and what we discuss will remain confidential.

### IF YOU ARE IN EMOTIONAL DISTRESS AND IN NEED OF URGENT SUPPORT:

[MENTAL HEALTH MATTERS](#) – 0800 107 0160 24/7 helpline

[SAMARITANS](#) – 116 123 (free phone number) 24/7 support line

[SANELINE](#) – 0300 304 7000 4.30 pm – 10.30 pm helpline

[KENT and MEDWAY NHS and SOCIAL CARE PARTNERSHIP TRUST](#)

(KMPT) – Single Point of Access (SPA) 0300 222 0123. The emphasis is on reducing immediate distress and support people to access services and opportunities available in the wider community.

[NHS – KENT and MEDWAY](#) have introduced SAFE HAVENS which can offer support to reduce immediate distress and support people to access relevant services.

[ANNA FREUD CENTRE](#) – has a guide to supporting the mental health and wellbeing of staff in school settings during period of disruption – including vlog for school and college staff

[ANNA FREUD CENTRE](#) – general guide to supporting staff well being in schools.

[ONE YOU KENT](#) – information and guidance for healthy lifestyle choices, with a selection of free apps and support by phone.

[MIND](#) – provide advice and support to empower anyone experiencing a mental health problem. They have also created a really useful and detailed page on [coronavirus and our well-being](#).

[NHS – EVERY MIND MATTERS](#) provides information on looking after your mental health and well-being including information on [sleep](#). The website also offers an [interactive quiz](#) to give you some personal top tips, [apps](#) and advice around promoting positive emotional and mental health and well-being. This has also been tailored specifically for the [Coronavirus](#) outbreak.



## KEPS/EARLY HELP/STLS TOP TIPS

Establish a **STAFF CHECK-IN SYSTEM** – Twaronite (2019) found people felt the greatest sense of belonging when their colleagues checked in with them both professionally and personally.

**ENSURING STAFF ARE FEELING GROUNDED** – staff are provided with an extended period of re-grouping to feel connected.

Set up a **WOBBLE ROOM** and have a protocol in place for staff should they need to take a step back where they can. Some staff may require support beyond what the workplace can offer.

**PREPARING FOR THE CLASSROOM**  
Time is set to reflect and could involve a virtual brainstorming workshop led by a member of staff

### SOLUTION FOCUSED COACHING SCALING QUESTIONS

Use a scale of 1 – 10 to gauge how staff are feeling and develop steps to get them into a different place on the scale.

**THE BRITISH PSYCHOLOGICAL SOCIETY – TEACHER RESILIENCE** – the framework explored in this [research document](#) supports fostering teacher resilience in relation to three areas:

- + Belonging
- + Help-seeking
- + Learning

**NHS – MindEd** – helping frontline staff to manage their mental health and well-being. MindEd have [selected the best advice](#) and tips from a large panel of international experts.

**NHS – MANAGERS PSYCHOLOGICAL WELLBEING GUIDANCE** identifies– Key points and Guidance for managers and leaders on:

- + Role Model caring and compassionate leadership
- + Being accessible and visible to staff
- + Assisting staff to identify their concerns and working with them to address them
- + Coming together as a team, at the beginning and end of the day
- + Developing peer support formally and informally
- + Regular supervision for individuals and teams
- + Encouraging staff to take breaks
- + Rotating staff from higher stress to lower stress functions where possible
- + Providing additional support for staff who may be more vulnerable
- + Giving the message that it is okay not to be okay

**EDUCATION SUPPORT** – no matter what you're feeling, free, confidential support is available 24/7 with trained counsellors to listen and help you find a way forward.

**Contact them on: 08000 562 561**

There are also some really useful resources to support your mental health, particular areas of focus are:

- [Coronavirus and anxiety](#),
- [Coronavirus and grief](#)
- [Coronavirus and isolation](#)
- [Coronavirus – supporting education staff](#)
- [Free, confidential help](#)

**WWW.FRONTLINE19** offer a free & confidential emotional support Service for workers on The frontline of COVID-19\*

**DOMESTIC ABUSE VOLUNTEER SUPPORT SERVICE** – ensures vulnerable victims of abuse get the help they need: **01892 570538**.  
Monday to Friday between 10.00am and 4.00pm

**THE KENT INTEGRATED DOMESTIC ABUSE SERVICES** – offers support remotely to individuals: **Victim Support: 0808 1689 111**



### **KENT SUPPORT AND ASSISTANCE SERVICE**

may be able to help you if you are having serious difficulties managing your income due to a crisis or if you are facing exceptional pressures because of an emergency. The support can be accessed via [home essentials in a crisis](#).

**KENT TOGETHER** hosts a **24 HOUR HELPLINE** and is available on: **03000 419292**.

This supports vulnerable people in Kent who need urgent help, supplies or medication. KCC, NHS, Emergency Services and Partners provide a single point of contact for anyone in need of help during Covid19.

### **FIND A FOODBANK**

Using your postcode

## **ACCESS TO TRAINING FOR SCHOOL STAFF**

**THE EDUCATION PEOPLE**: School webinars: **Looking Ahead** – strategies for reintegrating back to the new normal of education, [Webinars](#) with focus on the Covid19 – pandemic:

- [Whole school strategies for coping with the anxieties reintegration](#)
- [Post Covid Lockdown – supporting the transition to YR](#)
- [Post Covid Lockdown – supporting the transition to Y1](#)
- [Supporting children with anxiety](#)
- [What do Head Teachers and Senior Leaders need to know about the EYFS](#)
- [Self-care for professionals in the Covid-19 pandemic – developing your essential toolbox](#)
- [Understanding and managing self-harm in children in response to the Covid19 pandemic](#)
- [Understanding trauma and how we can best respond in the Covid19 pandemic](#)
- [Is working from home taking its toll on your mental health?](#)

**MIND – MAIDSTONE and MID-KENT** – Youth Mental Health First Aid via Zoom

**INTERNET MATTERS** – a one stop shop resource featuring guides and apps to help you support others.

**ANNA FREUD CENTRE** – has a number of [resources, webinars and vlogs](#) focusing on mental health including anxiety for young people.

### **YOUNG PEOPLE'S MENTAL HEALTH [#HEREFORYOU](#) SOCIAL MEDIA CAMPAIGN**

has developed resources for schools to make sure families know we are still providing all kinds of emotional support and mental health services, with some adjustments due to government guidance.

See: [School Briefing Pack](#)



offers free, confidential support with alcohol, drugs or mental health issues. They can help you directly or help you help a friend or someone you care about.

**WE ARE WITH YOU** has developed a toolkit for anyone supporting a young person who is at risk of, or using substances. Contact can be made in the following ways: **For young people:** 01795 500881

Email: [yadmin@wearewithyou.org.uk](mailto:yadmin@wearewithyou.org.uk)

For Webchat click [here](#)

**RELEASE THE PRESSURE**: Text 'Kent' to 85258 for in the moment help when life gets overwhelming and you need immediate support. We are here for everyone, young people and adults, 24/7 - text any time, day or night, whenever you need mental health support.