



# A GUIDE TO STAFF MENTAL HEALTH

Have your Mental Health First Aiders accessible for all staff members.

Offer appropriate support and signpost key services.  
Telephone Support Counselling at Education Support:  
Free Helpline 08000 562 561 day or night.

Stick Kent-Teach Educational Helplines poster in every staff room.

Put peer to peer support in place for staff. Do a buddy up system for daily chats.

Develop a support plan 1:1 with staff who are experiencing mental health difficulties.

Check out Mind's 'How to Support Staff who are Experiencing a Mental Health Problem'.

***For further support and guidance, contact our Wellbeing Advisor team at Kent-Teach on 0300 041 0203.***