



Is staff wellbeing on your agenda?

There's never been a more important time to support school staff wellbeing. Here are ten ideas to support yours.

1

Have a mental health lead with responsibility for staff wellbeing

2

Include staff wellbeing in your mental health policy

3

Promote openness about mental health in your school

4

Offer supervision and encourage discussion groups

5

Signpost staff to supportive services

6

Look at simple ways to reduce workload

7

Provide reflective spaces for staff at times of stress

8

Set up a staff social group

9

Start an annual staff wellbeing survey

10

Put staff wellbeing on your next staff and governors' meeting agenda

Ten ways to support school staff wellbeing is free from the Anna Freud Website.

Download and discuss at your next staff meeting: annafreud.org/10ways

Supporting schools. Supporting staff. Supporting pupils.